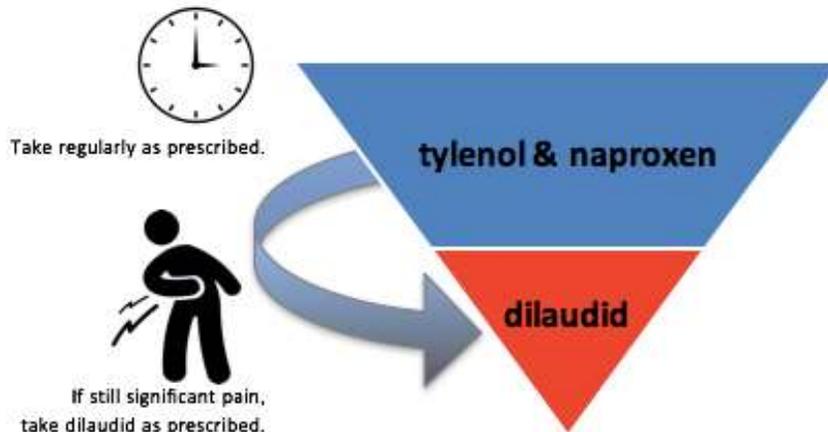




Discharge Instructions for Pain Management after *Breast Surgery*

It is normal to have some discomfort after your operation. During your operation, local freezing and pain medication were given to help with this. Your pain should improve each day.

Ice Therapy: An ice pack, wrapped in a cloth, can help reduce swelling and discomfort in the breast or armpit for the first few days after surgery. This can be applied for 15 minutes on, 15 minutes off.



STANDARD PAIN MEDICATION INSTRUCTIONS

Please take the following medications with milk or food and follow all the instructions given to you by your pharmacist.

First 5 days after surgery take BOTH regularly as prescribed:

- **Naproxen (Aleve)**
- **Acetaminophen (extra-strength Tylenol)**

After 5 days you may take BOTH of the following if needed:

- **Acetaminophen (extra-strength Tylenol)** 500 mg: take 1-2 tabs every 6 hours as needed. MAX 4g/day.
- **Naproxen (Aleve)** 500mg: take 1 tablet every 12 hours as needed.

90% of patients have good pain control with these medications and not require anything stronger.

INSTRUCTIONS FOR ADDITIONAL PAIN MEDICATION

Only if you require a stronger pain medication, you may fill the prescription for **hydromorphone (Dilaudid)**.

Before taking dilaudid, review the handout “Opioids for pain after surgery”.

Dilaudid may also cause constipation so take a stool softener as prescribed or from the pharmacy such as **PEG (ie brand: Golytely, Colyately, PegLyte)**, or **senna (ie brand: Ex-lax or Senokot)** take as needed by following the instructions on the bottle.

Please notify your surgeon if you have a history of stomach ulcers, liver disease, kidney disease or allergies to any of these medications. They will ensure your prescription is written with medications appropriate for you.