

What can I expect after surgery?

- Following your prostate cancer surgery, you may expect to experience some mild to moderate pain or discomfort. **This is normal.**
- During your recovery process, the level of pain you feel may vary but will typically be worst the day after surgery and then get better.
- Many patients are able to manage their pain after surgery with over-the-counter medication such as Tylenol® (acetaminophen) and Motrin® (ibuprofen).

How to manage my pain?

- The **best** strategy for controlling your pain after surgery is **AROUND THE CLOCK** pain control with Tylenol® (acetaminophen) and Motrin® (ibuprofen). **ALTERNATING** these medications will allow you to maximize your pain control.

How to alternate pain medication:

- Alternate 1000 mg of Tylenol® (2 pills of 500 mg) with 600 mg of Motrin® (3 pills of 200 mg) every 4 hours. This results in a dose **every 4 hours while awake for 3 days.**
- For example, if your first dose of Tylenol is at 8:00 AM:

8:00 AM	Tylenol 1000mg (2 pills of 500 mg)
12:00 PM	Motrin 600 mg (3 pills of 200 mg)
4:00 PM	Tylenol 1000 mg (2 pills of 500 mg)
8:00 PM	Motrin 600 mg (3 pills of 200 mg)

Continue alternating every 4 hours for 3 days

- In addition to Tylenol and Motrin, we recommend you use a **heating pad** or **ice pack** on your incision sites to help manage your pain. Place the heat or ice pack over the incisions for 20 minutes, then remove for 20 minutes. When using ice packs, cover the ice pack with a towel so the ice is not directly against the skin.
- **Do not** take more than 3,000mg of Tylenol (acetaminophen) in 24 hours.

What is an opioid?

- An **opioid** is a narcotic prescription medication that carries serious risks of addiction and side effects like nausea, vomiting, constipation, itching, confusion, sleepiness and dizziness.
 - ❖ *You are at a higher risk for dependence or addiction if you have history of depression or anxiety, long term chronic pain, use or abuse alcohol, tobacco, and/or drugs.*
- You will be given 6 pills of an opioid (e.g. Oxycodone 5 mg).
 - ❖ These can be used if your pain is not controlled with Tylenol and Motrin in the **first 24 hours.**
 - ❖ Only take when needed. **Do not** take more than 1 pill every 4 hours.
 - ❖ If you've used all 6 pills of Oxycodone and your pain is still not controlled, please call the office.
- Do not take Norco, Percocet, Vicodin, and Tylenol 3 because these medications also contain Tylenol (acetaminophen) in them.

Our goal is to provide you with the best possible care, to help you recover faster and return to your normal self without exposing you or your family to the risk that opioids pose.