

Alternative Non-Drug Options



Heating pad or ice pack

Applying a heating pad or ice pack on the incision site can help relieve swelling.

1. Place the heat or ice pack over your incision for 20 minutes.
2. Remove for 20 minutes.
3. Repeat.

**When using ice packs, cover the ice pack with a towel so the ice is not directly on the skin.*



Abdominal Binder

- Wearing an abdominal binder can support your abdominal muscles and minimize discomfort.



Soft Food Diet

- After surgery, you will want to start with small amounts of soft, bland solid foods.
- Eat half of what you would normally eat and take twice as long to do it.
- Be sure to drink plenty of water to stay hydrated.
- Once home, **gradually build your diet** from small to normal portions.



Limiting Activity

- Resting and limiting strenuous activity (no heavy lifting) after surgery is important in your recovery.
- However, it is **important** to continue walking daily.



Prostate Cancer Surgery Video: What you need to know

Scan the QR code (below) with the camera on your smartphone device or visit:

www.musicurology.com/rpvideo/

How to scan a QR code:

1. Open the camera app on your device.
2. Scan the QR code image to the right.
3. Click on the YouTube banner link to begin the video.



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For additional information regarding this brochure or the Michigan Urological Surgery Improvement Collaborative, please contact us at:

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Michigan-OPEN.org

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Safely Managing Pain After Prostate Surgery

MUSIC and Michigan OPEN Collaboration



The Michigan Urological Surgery Improvement Collaborative (MUSIC), represents urologists, like your doctor, from across the state of Michigan who have come together to improve prostate and urologic patient care, now and in the future.

The Michigan Opioid Prescribing Engagement Network (Michigan OPEN) was created to identify and implement pathways for safe and effective pain care after surgery.



MUSIC and Michigan OPEN partnered to provide patients with the best possible care, to help patients recover faster and return to their normal self without exposing them or their family to the risk opioids pose.

Before Your Procedure

- It is important to discuss with your doctor all medications (prescriptions and over-the-counter) you are taking, including:
 - Antidepressants, sedatives, and any other prescription pain medications.



After Your Procedure

- After your prostate surgery, you may experience some pain or discomfort. **This is normal.**
- During your recovery process, the level of pain you feel may vary but will typically be the worst in the first 1-3 days.

As part of your care, the following medication may be prescribed to reduce symptoms after your surgery:

- NSAIDs: (e.g., Motrin® (ibuprofen), Aleve® (Naproxen), Celebrex® (Celecoxib)) manages pain by reducing inflammation
- Acetaminophen: (e.g., Tylenol®) manages pain by blocking pain signals
- Anticholinergics: (e.g., Oxybutynin) prevents pain by reducing bladder spasms

How to Safely Manage Pain

For the First 3 days:

- Patients are often able to manage their pain after surgery with over-the-counter medication such as Tylenol (acetaminophen) and NSAIDs (such as ibuprofen) and alternative non-drug options.
- The best strategy for controlling your pain after surgery is around the clock pain control, alternating at regular scheduled times, with Tylenol and NSAIDs (such as ibuprofen).
- For example, 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 1000 mg (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

**Do not exceed 3000 mg of acetaminophen in a 24 hour period.*

***Your pain regimen may vary, follow instructions provided by your doctor.*

After 3 days:

- **Only take medication if you have pain.**
- If your pain is mild, try non-drug options.