

Hand and Upper Limb Clinic Pain Guidelines

Pain is a natural response but it is best to prevent pain before it starts. Pain offers no benefits.

- ▶ Take your pain medication as prescribed by your doctor
- ▶ If your doctor agrees you may use an anti-inflammatory such as Advil/Ibuprofen in conjunction with your prescription pain medication
- ▶ Positioning may also help your pain symptoms; it is recommended to decrease swelling and throbbing pain to keep your limb elevated above your heart as much as possible especially in the 1st 48-72 hours
- ▶ You should not be afraid to ask your doctors and nurses about handling any pain you may experience from your injury or operation.

When returning for suture removal, pin or external fixation removal, we recommend taking your pain medication before arriving to the clinic or if you are traveling from out of town to bring it with you and take it after you register

If you are experiencing intolerable pain then contact your physician or physician on call

Remember: Pain prevention and control bring short and long-term relief and healing benefits; pain itself does not