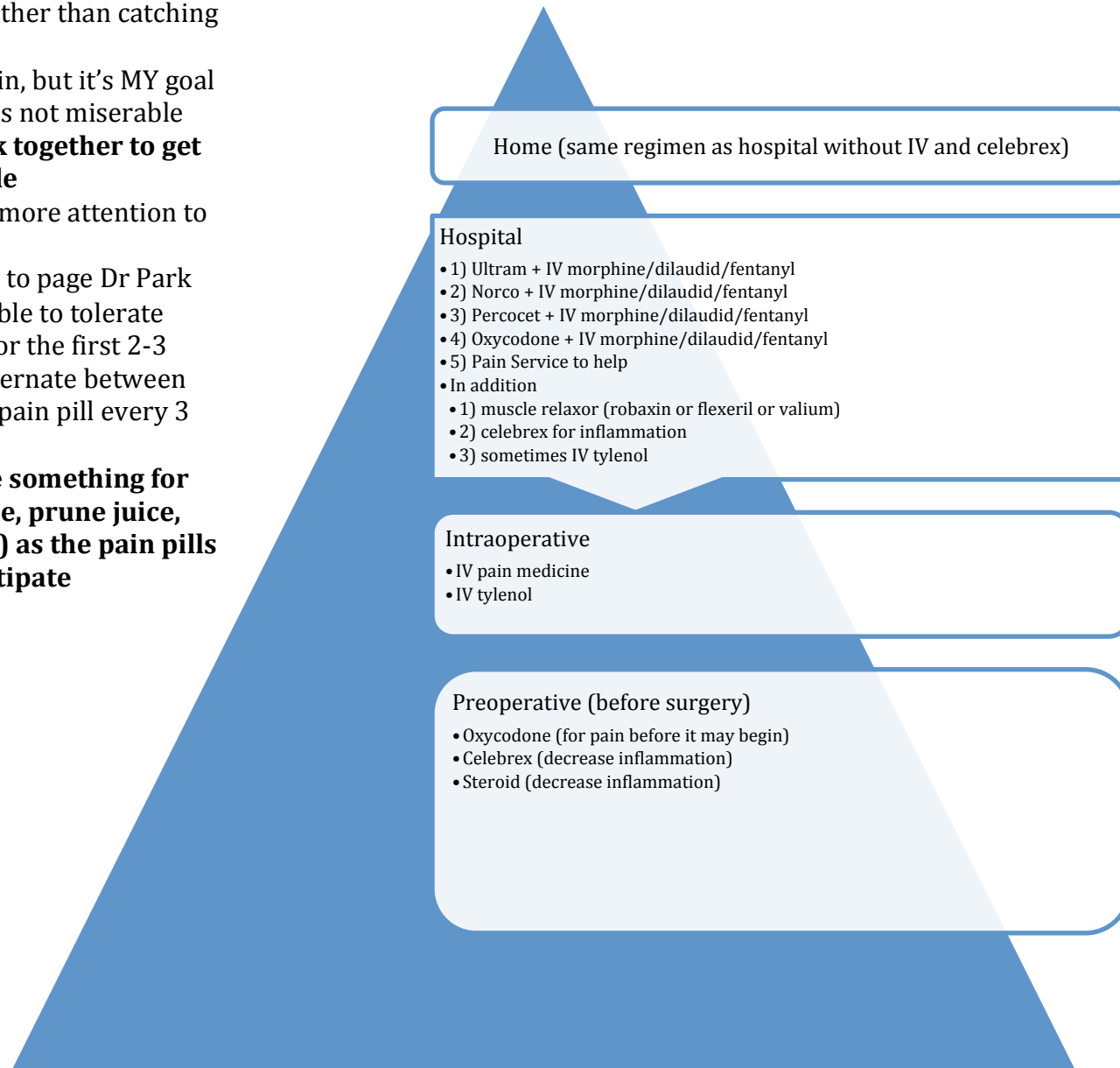


Tips

- Ask the nurse to schedule your pain pills (meaning, you get pain pills regardless if you are in pain so we are ahead of the game rather than catching up)
- It is usual to have pain, but it's MY goal to help make it so it is not miserable
 - **We will work together to get it manageable**
- If you feel you need more attention to your pain
 - Ask the nurse to page Dr Park
- At home, if you are able to tolerate tramadol (Ultram), for the first 2-3 days home would alternate between Ultram and narcotic pain pill every 3 hours
- **Make sure you take something for constipation (Colace, prune juice, milk of magnesium) as the pain pills makes people constipate**



PAIN