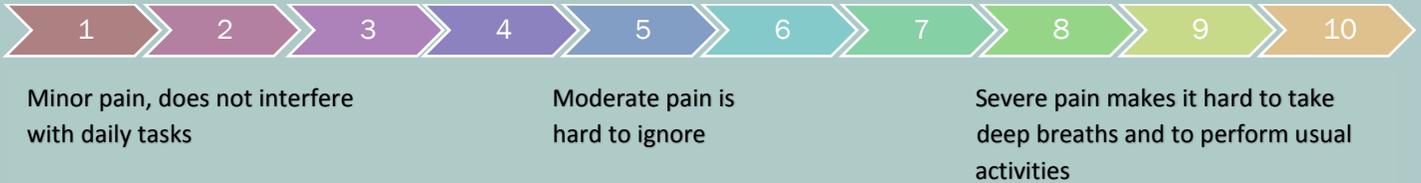


## PAIN MANAGEMENT AFTER METABOLIC AND BARIATRIC SURGERY

Postoperative pain (pain after surgery) is very common and can vary from person to person. It is normal to have some pain for a few days after surgery. A number pain scale may be used to measure your pain. It can be a helpful tool to track your pain after surgery. The number pain scale can be helpful when deciding if you may need opioids (pain medication) for severe pain, if prescribed to you. The goal is to lower the pain so that you are reasonably comfortable to tolerable pain, not zero pain -- with a pain score of 4 or less out of 10, most of the time.



### PAIN MEDICATION

There are many types of medicines that can help relieve pain. Non-opioid medications such as *Tylenol*, *Ibuprofen*, *Aleve* and *Motrin*, are good to use when the pain is hard to ignore, is noticeable at rest, and interferes with usual activities (please check with your surgeon first before using). Opioids are another type of pain medication that should only be used for severe pain. Opioids are not necessarily better.

Examples of *Opioids* include *Tramadol (Ultram)*, *Codeine with acetaminophen (Tylenol #3 or #4)*, *Hydrocodone with acetaminophen (Norco, Vicodin, Lorcet, Hycet)*, *Morphine*, *Hydromorphone (Dilaudid)*, *Oxycodone (Roxycodone)*, *Oxycodone with acetaminophen (Percocet, Endocet)*. Here are some differences between Opioids and Non-Opioids:

Side Effects of Opioid Medication	Benefits of Non-Opioid Medication
May lead to misuse, abuse, addiction, or overdose	Reduced risk of misuse, abuse addiction or overdose
Nausea	Less nausea
Constipation	Less constipation
Itchy	Effective method of pain control
Dizziness, drowsiness, tired	Less dizziness, drowsiness, tired

**OPIOID SAFETY** – If you need to take Opioids for pain relief, here are some helpful hints for safety:

- Use the smallest amount possible for the shortest amount of time
- Never take more medication than prescribed
- Never mix alcohol with any pain medications
- Keep out of reach of children and pets
- Hide or lock up your medication
- Keep your medication in its original bottle or container so you do not take it by mistake
- Keep track of the location and number of pills in the bottle

- Get rid of unused opioids as soon as you no longer need them

#### **HOW TO DISPOSE OF EXTRA OPIOID MEDICATIONS:**

1. Store them safely – Keep all opioids in a secure safe place, and never share with others.
2. Dispose of them properly – when you have finished taking opioids as directed by your doctor you can:
  - Bring them to a medicine disposal station in your city or town. Or bring them to MGH and put them in the marked

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Please do not distribute.*

container across from the Outpatient Pharmacy in the Wang building

- Mix with used coffee grounds and place in the trash

- DO NOT flush them down the toilet

## PAIN MANAGEMENT GUIDE

HOW BAD IS MY PAIN	WHAT SHOULD I TAKE FOR PAIN	PAIN RATING (OUT OF 10)
I hardly notice my pain OR I notice my pain and it bothers me, but I can still do activities (such as walking, sitting up and standing)	<input checked="" type="checkbox"/> NON-OPIOIDS, AS NEEDED <input type="checkbox"/> NON-OPIOIDS, ON A SCHEDULE <input type="checkbox"/> OPIOIDS as needed plus non-opioids on a schedule	
My pain is hard to ignore or My pain interferes with my usual activities	<input type="checkbox"/> NON-OPIOIDS, AS NEEDED <input checked="" type="checkbox"/> NON-OPIOIDS, ON A SCHEDULE <input type="checkbox"/> OPIOIDS as needed plus non-opioids on a schedule	
I am focused on my pain and am not able to do my usual activities or I am groaning in pain, and I cannot sleep or My pain is as bad as it could be and nothing else matters	<input type="checkbox"/> NON-OPIOIDS, AS NEEDED <input type="checkbox"/> NON-OPIOIDS, ON A SCHEDULE <input checked="" type="checkbox"/> OPIOIDS as needed plus non-opioids on a schedule	

**\* If your pain has not reached a tolerable level and you still require Opioid pain medication – please contact your surgeon**

Contact your Mass General Weight Center provider:



Monday – Friday  
8:00 AM – 5:00 PM

Dr. Hutter/Dr. Meireles:

617-726-1476

Dr. Gee/Dr. Witkowski:

617-724-6132

or reach their office through the Mass General operator:



617-726-2000

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