



## Managing the Pain Without the Pills

*What to expect after your outpatient surgery*



**PRESBYTERIAN**  
ANESTHESIA ASSOCIATES

## Treating Pain at the Source

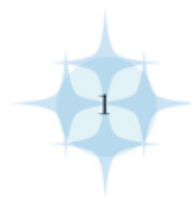
Instead of using large doses of prescription drugs, anesthesiologists now utilize modern technology to deliver pain medication directly to the nerves associated with the surgical pain.

Using ultrasound or nerve stimulating guidance, the anesthesiologist can locate the proper placement for a catheter to help deliver analgesic (pain-relieving medication) after a surgical procedure. Then the catheter is connected to a continuous pain pump providing the proper amount of analgesic to the patient, which can provide constant relief for about 2-3 days. This option of pain management is portable, disposable and simple to use.



The On-Q® pain pump is an automatic, continuous pump that provides pain relief right where it's needed...getting you back to normal faster. Some of the benefits include:

- Works right after surgery
- Helps avoid narcotic side effects
- Can help speed recovery
- Avoids groggy or nauseous feelings





## Principles of Pain Catheters

Controlling pain following a surgical procedure is a paramount concern for both physicians and their patients. When pain is managed early and effectively, it leads to quicker mobility, earlier discharge and higher patient satisfaction. At Presbyterian Anesthesia Associates, PA, our goal is to get you back to normal as soon as possible.

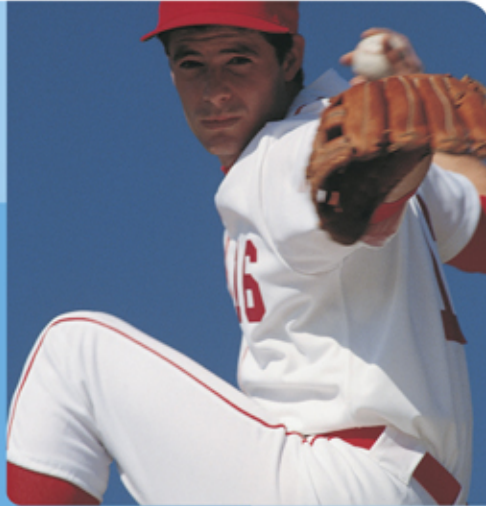


## Lower Extremity Catheters

Femoral and sciatic catheters are often used for outpatient knee or foot and ankle surgery. Continuous femoral and sciatic catheters are useful in providing postoperative analgesia (treatment for pain relief) after outpatient surgery.

*Lower extremity catheters can cause temporary weakness and numbness in the leg for 1-3 days. Never walk without assistance during this time.*





## Upper Extremity Catheters

Continuous brachial plexus catheters (placed in the neck or shoulder) are often used for outpatient shoulder and arm surgery. They can provide continuous relief of pain.

*Upper extremity catheters can cause numbness in the arm, or make it feel weak. Do not attempt to drive during this time.*

## Side Effects

Before your scheduled surgery, you will meet with your anesthesiologist to discuss the effects of anesthesia and options for pain management following the procedure. Some possible side effects include lack of sensation in or inability to move an extremity and leakage of fluid at the dressing site. Your anesthesiologist can explain these and other possible side effects in more detail. Though pain pumps are an excellent option for post-surgical pain management, they aren't always 100% effective for each patient

*As in all procedures, there are certain risks or side affects associated with pain management following surgery. Your surgeon and anesthesiologist will discuss the options available to you for your particular procedure and tailor a treatment program to meet your individual needs.*

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