




## Opioid storage and disposal

If your pain control plan uses opioids, please store and dispose of the medication by following the guidelines below:

### Storage

- Lock pills, if possible 
- Safely store and dispose of unused pills
- Keep count of pills 
- Do not store opioids in places that allow easy access to pills (e.g. bathrooms, kitchen)

### Disposal

- Medication take back events
- Pharmacy & police station dropboxes 
- Mix drugs (do not crush) with used coffee grounds or kitty litter in a plastic bag, then throw away
- For more disposal information, visit: [michigan-open.org](http://michigan-open.org)

## What is MARCQI?

The Michigan Arthroplasty Registry Collaborative Quality Initiative, MARCQI, is a statewide surgeon led quality improvement organization working to improve care for patients undergoing hip and knee replacements in Michigan.

## For pain management - Remember

**I**nstructions: review instructions before and after surgery to manage expectations

**C**ommunicate your pain and questions with your surgeon

**E**levate around the clock



and ICE

## For pain, I.C.E. and ice!

This pamphlet is designed for adult patient education. For additional information regarding this brochure, please contact us at:

**MARCQI Coordinating Center**  
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Ann Arbor, MI 48105

[www.marcqi.org](http://www.marcqi.org)



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For questions about the Michigan Arthroplasty Registry Collaborative Quality Initiative, please contact us at,

[marcqi.cc@umich.edu](mailto:marcqi.cc@umich.edu)



## Managing Pain after Hip and Knee Joint Replacement Surgery

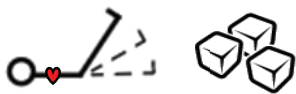
# Planning for surgery

You and your surgeon have decided to treat your hip or knee with joint replacement surgery.

Together, you will develop a pain control plan.




## Ways to manage pain after surgery

Your pain control plan will include both non-medication and medication options.




ICING and ELEVATION are important for you to use around the clock to manage your post-surgery pain.

Other **non-medication** options may include:

-  Post-surgery ambulation
-  Physical therapy
-  Practicing mindfulness

**Medication** options may include:

-  • Acetaminophen (e.g. Tylenol)
- NSAIDS (e.g. Ibuprofen, Toradol)
- Opioids (e.g. Oxycodone, Norco)\*\*





**\*Taking opioids for longer than 3 days increases your risk for dependence.\***

Opioids may also cause nausea, vomiting and constipation. You may or may not need opioids to manage your pain.

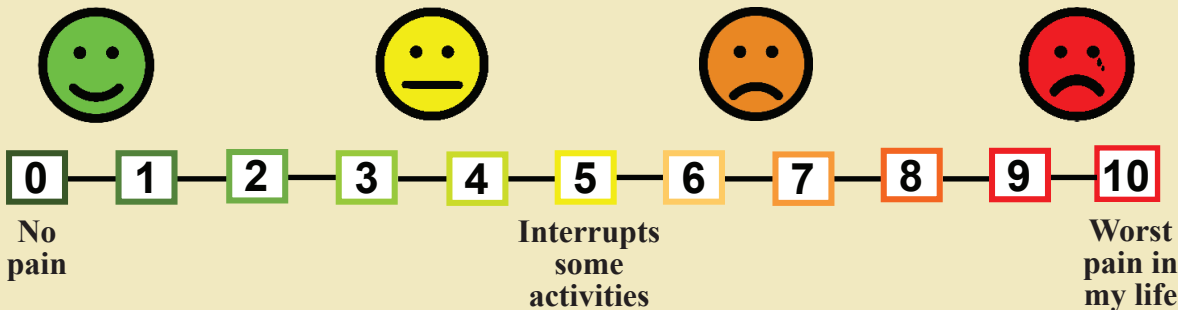
Talk to your surgeon on what may be best for you.

# Pain after your hip or knee joint replacement surgery is normal

To best manage your pain after surgery:

-  Understand the pain control plan made by you and your surgeon
-  Ask questions
-  Communicate your symptoms and pain using scale below
-  Follow the pain control plan to help your recovery





## Communicate your pain with a pain scale



## When to call your surgeon

Following all parts of your pain control after surgery is important to your recovery. Your pain may be worst for the first 1-3 days after surgery. Your recovery will take time.

Call your surgeon if:

-  Pain medication does not relieve severe pain
-  Chills, fevers higher than 101.5F
-  Hard to or unable to urinate
-  Nausea, vomiting and/or unable to keep liquids down

