

Pain Management Techniques

See Toilet Trivia

Anti-gravity efforts - as needed; up to every hour.

- On stomach: with support under your hips with the pelvis elevated.
- On back: with legs elevated (pillow behind knees, feet and/or legs supported on the wall).
- On your side: with a pillow between the knees.
- Firm (but not too hard) pressure to the anus (menstrual, gauze or foam pad). No “doughnuts”.
- Regular position changes including stretching (resource: *Stretching* by Bob Anderson):
Do not maintain one position any longer than 30 minutes.

Make certain that what ever supporting structures you are using (the bed, a couch or chair, recliner) are comfortable, firm and supportive.

Other swelling/pressure/pain reduction efforts - as needed; up to every hour.

- Ice AND/OR heat.
 - 10 to 15 minute applications.
 - always have something between the ice/heat and your skin.
 - most effective ice application: crushed-ice pack.
 - most effective heat application: hot soaks or warm compresses.
 - consider alternating ice or heat.
- Keep stools soft and prelubricate prior to bowel movements: see instructions elsewhere.

Medication

- This is intended as general information and is not intended as a specific recommendation for treatment unless otherwise instructed.
- Acetaminophen (Tylenol) at appropriate doses.
- Anti-inflammatories [Ibuprofen (Advil), Naproxen (Aleve) or aspirin]
Start with acetaminophen. For throbbing and aching, the anti-inflammatories work well – and can be added or combined with acetaminophen. However, the some medications combine ingredients so be careful regarding dosing.
 - can cause stomach upset and has the potential for interactions with other medications.
 - can cause thinning of the blood and lead to increased bleeding and possible associated increased swelling.
- Other: _____

If these efforts do not control your symptoms, contact with the office is indicated.

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