



Managing your pain at home after your arthroplasty surgery

Reviewed: January 2026
Next review: January 2027
Version 1

> About this leaflet

The purpose of this leaflet is to provide information about the use of medication to manage your pain at home following arthroplasty surgery.

> Managing your pain at home

To help manage your pain at home please take your regular pain medicines as directed below:

Medication	Morning	Lunchtime	Teatime	Bedtime

It is common to require extra pain relief (Rescue) in addition to your regular pain medicines. These are only to be taken if you are sore and it is not yet time to take your next dose of regular pain medicines.

Your rescue pain relief is _____, please ensure 4 hours between doses.

> After your surgery

It is common after your procedure to experience some discomfort or changes in your pain levels. Many people notice an increase in pain around 2-3 days after the operation, this is expected and does not necessarily mean something is wrong.

It is recommended to change your position regularly if you have been sitting for a long time. Aim to stand up or take a short walk every hour to ease stiffness.

If you find your exercises difficult due to pain, you can use your rescue medication about 30 minutes beforehand to help make movement more manageable. Remember to pace yourself, as rest is an important part of recovery. Additional methods can be used to help relieve pain, this includes applying ice after physiotherapy or exercise.

Please keep in mind that being completely pain free is not realistic, but your pain should remain at a manageable level both at rest and during movement, allowing you to complete your exercises and sleep without significant disturbance.

➤ Side effects

Side effects that can be experienced when taking medication include:

- Nausea (feeling sick)
- Vomiting (being sick)
- Dizziness
- Feeling sleepy
- Constipation

Please contact your GP if:

- You have severe pain that is not relieved by medication
- You have continual vomiting
- Running out of your medication

➤ Further information

If you have any additional questions about your medication, please contact the follow-up service number in your surgery information booklet.

➤ Notes

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعة الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip clàistinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरएफ) में भी उपलब्ध हैं।

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗ਼ੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سنے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔



☎: 0141 951 5513