

# Pain Management After Spine Surgery



## Important Things to Know:

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- The Inpatient Pain Service team will check on your child every day while in the hospital. They are available all the time for any questions or concerns about managing pain after spine surgery.
- Every child feels pain in their own way, and pain after surgery is normal. The goal of the team is to help your child manage pain from:
  - Surgery,
  - Physical therapy, and
  - Usual home care activities (eating/drinking, sleeping, and bathing).

## Usual Pain Medications:

- **Patient Controlled Analgesia (PCA) and Opioids**
  - After surgery, your child will have a “pain button” (PCA button). Your child can push this button every 6 minutes for IV pain medication (Morphine or Dilaudid).
  - If the PCA button is not right for your child, they will get an ongoing IV infusion of Morphine or Dilaudid.
  - You can also ask the nurse for an extra dose of IV Morphine or Dilaudid every 2 hours if needed.
  - Once your child can eat, the team will switch the PCA button (or ongoing infusion) to an oral opioid medication like Oxycodone given every 4 hours.
- **Tylenol and Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)**
  - Your child will get Tylenol or Toradol (IV Ibuprofen) every 6 hours after surgery.
  - Before going home, the team will switch the IV Toradol to Ibuprofen.
- **Valium**
  - Your child will get Valium every 6 hours to relax the spinal muscles and stop muscle spasms.
- **Gabapentin**
  - Your child will get Gabapentin every 8 hours for 5 days total to help with nerve pain.
  - Your child will get the first dose before surgery.

## Side Effects and Medications to Help:

- The use of anesthesia for surgery and strong pain medications while in the hospital can cause side effects such as:

1. Nausea/Vomiting:

- a. Your child will get **IV Zofran** every 6 hours for the first 24 hours after surgery. After 24 hours, they will receive it as needed. **IV Reglan** is also available if needed.

2. Constipation:

- a. Your child will get **Methylnaltrexone, Colace, MiraLAX, and Dulcolax** 1 to 2 times per day. The team can also order more laxatives if needed to help with the constipation.

3. Itching:

- a. **IV Nalbuphine** is an option if needed.

4. Respiratory Depression (very rare):

- a. **IV Naloxone** is available if needed.

## Sample Pain Medication Plan

Day of Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery	4 Days After Surgery	5 Days After Surgery and beyond
<u>Scheduled Medications:</u>					
1. PCA Morphine or Dilaudid 2. Tylenol, Toradol, and Valium every 6 hours 3. Gabapentin every 8 hours	1. <b>Switch PCA to Oxycodone every 4 hours</b> 2. Tylenol, Toradol, and Valium every 6 hours 3. Gabapentin every 8 hours	1. Tylenol, Toradol, and Valium every 6 hours 2. Gabapentin every 8 hours	1. <b>Switch Toradol to Ibuprofen every 6 hours</b> 2. Continue Tylenol every 6 hours 3. Gabapentin every 8 hours	1. Continue switching Tylenol and Ibuprofen every 6 hours 2. Gabapentin every 8 hours	1. Continue switching Tylenol and Ibuprofen every 6 hours. <b>If you are home, you can switch to as needed</b> 2. <b>Stop Gabapentin after day 5</b>

Day of Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery	4 Days After Surgery	5 Days After Surgery and beyond
<u>Medications to help as needed:</u>					
1. IV Morphine or Dilaudid every 2 hours for severe pain	1. IV Morphine or Dilaudid every 2 hours for severe pain	1. <b>Switch Oxycodone to as needed every 4 hours for moderate pain</b> 2. IV Morphine or Dilaudid every 2 hours for severe pain	1. <b>Switch Valium to as needed every 6 hours for muscle pain/spasms</b> 2. Oxycodone every 4 hours for medium pain 3. IV Morphine or Dilaudid every 2 hours for severe pain (only available if still in hospital)	1. Valium as needed every 6 hours for muscle pain/spasms 2. Oxycodone every 4 hours for medium pain 3. IV Morphine or Dilaudid every 2 hours for severe pain (only available if still in hospital)	1. Valium as needed every 6 hours for muscle pain/spasms 2. Oxycodone every 4 hours for medium pain 3. IV Morphine or Dilaudid every 2 hours for severe pain (only available if still in hospital)