

# BACK PAIN

## Pharmacological Management:

- **NSAIDs** decrease swelling, pain, and fever. **Acetaminophen** decreases pain and fever, the dose of the Immunosuppressant doesn't have to be modified<sup>[1]</sup>  
<sup>[2]</sup>
- **Muscle relaxers** help decrease muscle spasms and back pain. <sup>[2]</sup>

## Non-pharmacological management <sup>[2]</sup>

- **Apply ice** for 15 to 20 minutes every hour or as directed.
- **Apply heat** for 20 to 30 minutes every 2 hours for as many days as directed.
- **Acupressure** may be recommended to decrease pain and improve movement.

---

<sup>[1]</sup>- Gevirtz, Clifford MD, MPH Managing posttransplantation pain syndromes, Nursing: February 2009 - Volume 39 - Issue 2 - p 60-61 doi: 10.1097/01.NURSE.0000345254.85757.73

<sup>[1]</sup>- Back Pain - What You Need to Know [Internet]. [cited 2021 Nov 21]. Available from: <https://www.drugs.com/cg/back-pain.html>

