

Planning

- Multiple factors affect postoperative pain (e.g., type of surgery, pain threshold, patient age, chronic pain, opioid tolerance)
- Identify patients at high risk of postoperative pain and discuss analgesic strategy before surgery
- Educate patient on home pain relief
- Administer first postoperative analgesia before intraoperative analgesia and local anesthesia wear off

Pharmacological analgesia

- Paracetamol: Mild analgesic with few side-effects
- Non-steroidal anti-inflammatory drugs (NSAIDs): Administer preoperatively or early during surgery do account for long onset of action
- Opioids: Balance the analgesic effect against side-effects (nausea and vomiting, sedation, pruritus, respiratory depression, constipation, urinary retention)
- Adjuvants (e.g., gabapentinoids, N-methyl-D-aspartate receptor antagonists, alpha-2 adrenergic agonists): Reduce pain and opioid requirements as part of a balanced multimodal analgesic strategy
- IV clonidine and dexmedetomidine reduce pain intensity, opioid consumption, and postoperative nausea
- Low-dose IV ketamine reduces opioid requirements, nausea, and vomiting
- Dexamethasone ≥ 0.1 mg/kg has intrinsic analgesic effects

Regional anesthesia

- Excellent pain relief, often eliminates opioid requirement
- Better patient satisfaction and possible reduction in length of stay
- Local anesthetic infiltration
- Peripheral nerve blocks (single injection or continuous)

Neuraxial anesthesia

- Epidural block
- Spinal anesthesia
- Commence oral analgesia before return of sensation

Example of pain management strategy (modification of WHO pain ladder)

Anticipated pain	Mild	Moderate	Severe
Pain score	1-3	4-7	7-10
Regular (at timed intervals)	Simple analgesics: Paracetamol and/or low-dose weak opioids Use local infiltration or regional blocks when possible	Add NSAIDs +/- weak opioids Use local infiltration or regional blocks when possible	Add strong opioid Replace weak opioids with strong opioids Consider epidural block/patient-controlled analgesia
As required	NSAIDs or weak opioids	Short-acting opioids (e.g., morphine oral/IV/IM)	Short-acting opioids (e.g., morphine oral/IV/IM) Patient-controlled (epidural) analgesia

The Management Of Postoperative Pain Current Topics In Anaesthesia S

VM Jensen



The Management Of Postoperative Pain Current Topics In Anaesthesia S:

Embracing the Melody of Phrase: An Mental Symphony within **The Management Of Postoperative Pain Current Topics In Anaesthesia S**

In a world consumed by displays and the ceaseless chatter of immediate interaction, the melodic elegance and emotional symphony produced by the prepared term frequently fade in to the back ground, eclipsed by the persistent sound and disturbances that permeate our lives. However, set within the pages of **The Management Of Postoperative Pain Current Topics In Anaesthesia S** a wonderful literary treasure overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this fascinating masterpiece conducts visitors on an emotional trip, well unraveling the concealed songs and profound affect resonating within each carefully crafted phrase. Within the depths with this poignant examination, we can discover the book is central harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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