**On-Q Post-Operative Instructions**

1. You have received an On-Q continuous catheter and non-narcotic pain pump with your procedure today. Some things to know;
   1. The catheter is an amber color
   2. You may shower with this therapy. Set the carrying bag outside of direct water contact. Pat dry
   3. The infusion ball may not look like it is getting smaller, typically this takes 24 hours to see noticeable changes.
2. Pain is unpredictable and varies from one patient to another. Some patients may experience sever pain, while other have only minimal discomfort. It is important that your post-surgical pain is well controlled so that you will be able to tolerate normal, everyday movement. Please follow your doctor’s instructions as to what activity is best for you.
3. Follow the instruction on you pain medicine prescription. Avoid taking pain medications on an empty stomach. If the medication causes a reaction such as nausea or a skin rash stop the medication and call your doctor. **DO NOT DRIVE OR DRINK ALCOLOLIC BEVERAGES WHEN TAKING PAIN MEDICATION**.
4. The following strategies may also help you better manage your discomfort.
   1. Slow, deep breathing
   2. Whole body relaxation
   3. Ice therapy as prescribed by your surgeon
   4. Changing you body position or sitting up
5. Pain medicine and inactivity may cause constipation. A diet of fiber, whole grain, fresh fruit and drinking plenty of fluids may prevent this. A mild stool softener may also be prescribed by your doctor.
6. If you have any questions or concerns about your On-Q pain pump please call the ***On-Q On-Call nurse at* *1-800-444-2728***. It is possible that some nerve blocks may last longer than others. If you are not able to move the arm/leg or feel any sensation at all (touch, warm/cold) or after the pump is discontinued, please contact a nurse by phone 24 hours a day at *1-800-444-2728*.

**Please notify your anesthesia provider if you experience any signs or symptoms of toxicity including tingling and numbness in your tongue, or if there is redness or drainage from the catheter insertion site.\*\***

**Please see the On-Q handout attached for a complete list of removal instructions and toxicity symptoms.   
 Carlos E Quezada MD FACOG**