

## Pain Management at Home Following Surgery (Adult)

- [Think Pain Prevention](#)
- [The Trip Home](#)
- [How to Tell if Pain Relief Medicine Is Needed](#)
- [Some Things That Cause Pain to Increase:](#)
- [What to Do if You're in Pain](#)
- [Use Other Methods to Help Relieve Pain](#)
- [Cast Change and Removal](#)
- [How to Take Yourself Off Pain-Relief Medicine](#)
- [Getting Better Every Day](#)
- [Call Telehealth Nursing \(651-229-3890\) if:](#)
- [A Warning about Pain Relief Medicines](#)

Make An Appointment

**[651-290-8707](#)**

Refer a Patient

**[651-325-2200](#)**

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).