

Preemptive Analgesia Technique

Definition:

A technique used to minimize the effects of an activity known to cause inflammation or swelling, which in turn leads to an increase in pain.

Purpose:

To prevent swelling from occurring. It is based on the fact that it is easier to prevent swelling from happening than it is to get rid of it, once it occurs.

Contraindications:

1. Anyone with allergy or hypersensitivity to the recommended medications.
2. Anyone taking anticoagulants (Blood Thinners) (e.g., Coumadin, Warfarin, Plavix, etc.).
3. Patients in Renal Failure.

Technique:

Before you undertake an activity known to cause pain, or a flare-up of your chronic pain, and before you experience any pain, do the following:

1. On a full stomach, take 4 (four) over the counter Ibuprofens 200mg tablets (Motrin), for a total of 800 mg.
2. In addition, take over the counter Magnesium 400 to 500 mg, before doing the activity.
3. Six (6) hours later, again on a full stomach, repeat the Ibuprofen.
4. That night, take a warm shower and stretch under the running warm water.

This technique may be sufficient to abort the pain and discomfort before it happens. Keep in mind that it takes a lot less medication to prevent swelling than it takes to eliminate it once it occurs.