

TENS treatment for postoperative pain

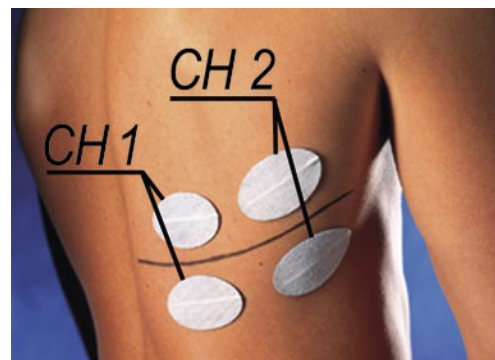
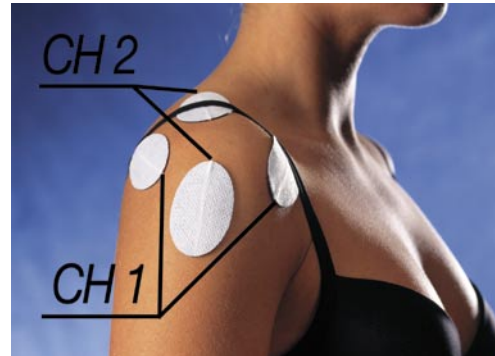
Surgical procedures affect the patient in many ways. Untreated, severe postoperative pain can have many harmful effects, such as weakened lung function, increased risk for thrombosis, cardiovascular changes and a risk for developing long-term pain conditions. The patient often experiences an increased sensation of pain during the first days after surgery. Prescription painkillers alleviate the pain, but also cause negative side effects like nausea, dizziness, or drowsiness. It is in the best interests of the patient and of the entire health care system that the period after surgery is as pleasant as possible.

Studies show that ...

- TENS used for postoperative pain relief will decrease the need for analgesics and reduce the intake of opioids. Opioid-related side effects, such as dizziness, nausea and drowsiness also decline.
- Postoperative TENS treatment results in fewer lung complications for thoracic surgery patients.
- Patients who have received effective pain relief are mobilized much faster. Postoperative TENS treatment gives the patient greater autonomous control of pain relief.
- High-frequency TENS close to the operation site gives the best effect.

How to treat with TENS?

- Instruct the patient before the operation.
- Place the electrodes near the operation site on healthy skin, where sensitivity is normal.
- Stimulate with high-frequency TENS. It should be a strong sensation, but without pain.
- Stimulate often (at least 30 minutes at a time, 4–5 times a day), the first 0–3 postoperative days, depending on the surgery.
- For postoperative pain relief, it is normal to stimulate with high frequency TENS for several hours in a row. Start the TENS treatment immediately after the patient wakes up.
- TENS treatment can be combined with other types of pain relief.



Referenser:

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