

MMA grid selection table for Abdominal Wall Reconstruction

Use this table to help you select the appropriate MMA grid for each patient. Clicking on the link will take you to the correct grid.

Contraindications	My Patient Has:	Age>65?	Give this MMA grid
None	No allergies and no comorbidities that impact MMA use	N	Pg. 2
		Y	Pg. 3
	Existing gabapentin prescription	N/A	Pg. 4
Acetaminophen	Hepatic impairment	N	Pg. 5
		Y	Pg. 6
	Acetaminophen allergy	N	Pg. 5
		Y	Pg. 6
Existing gabapentin prescription	N/A	Pg. 7	
Celecoxib	Celecoxib allergy	N	Pg. 8
		Y	Pg. 9
	Sulfa allergy	N	Pg. 8
		Y	Pg. 9
	No medical insurance	N	Pg. 8
		Y	Pg. 9
Existing gabapentin prescription	N/A	Pg. 10	
Celecoxib and Meloxicam	Meloxicam allergy AND cannot have celecoxib	N	Pg. 11
		Y	Pg. 12
	Existing gabapentin prescription	N/A	Pg. 13
NSAIDs	NSAID allergy	N	Pg. 14
		Y	Pg. 15
	Aspirin-sensitive asthma or urticaria	N	Pg. 14
		Y	Pg. 15
	Peptic Ulcer Disease	N	Pg. 14
		Y	Pg. 15
	Increased bleeding risk	N	Pg. 14
		Y	Pg. 15
Existing gabapentin prescription	N/A	Pg. 16	
Oxycodone	Oxycodone sensitivity	N	Pg. 17
		Y	Pg. 18
	Existing gabapentin prescription	N/A	Pg. 19
Gabapentin	Gabapentin allergy	N/A	Pg. 20
	Obstructive Sleep Apnea	N/A	Pg. 20
Renal Disease	Renal disease	N/A	Pg. 21

My Post-Operative Abdominal Wall Reconstruction / Hernia Repair Pain Management Plan

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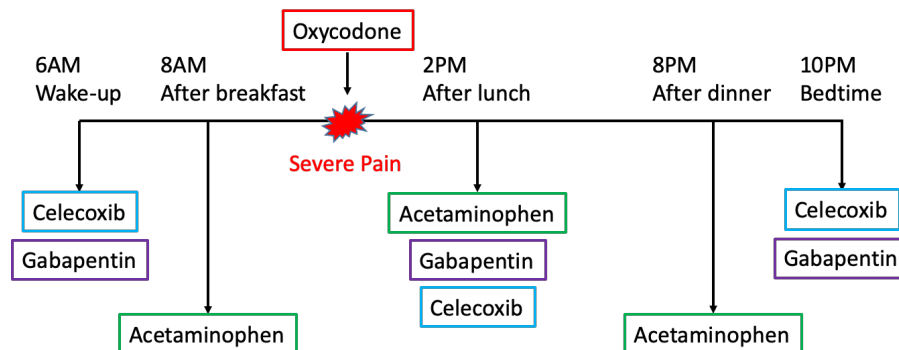
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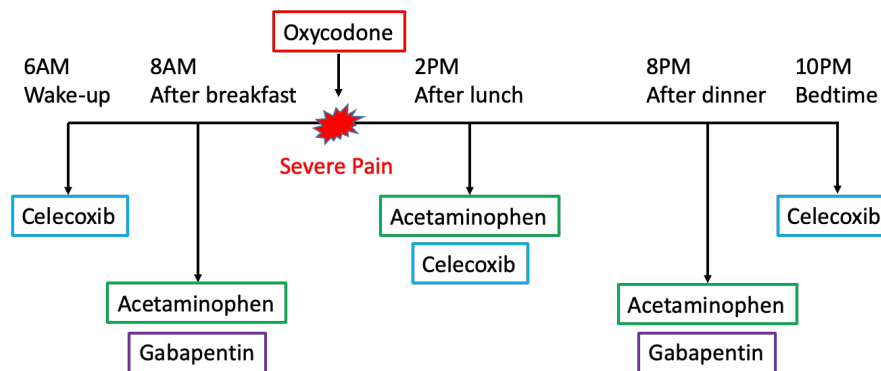
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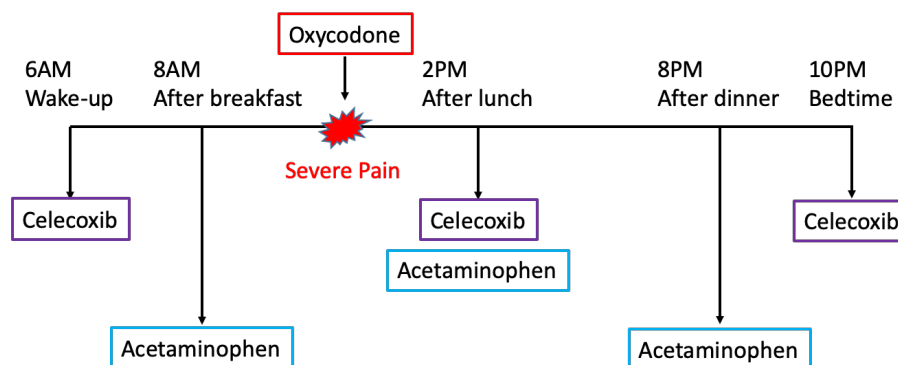
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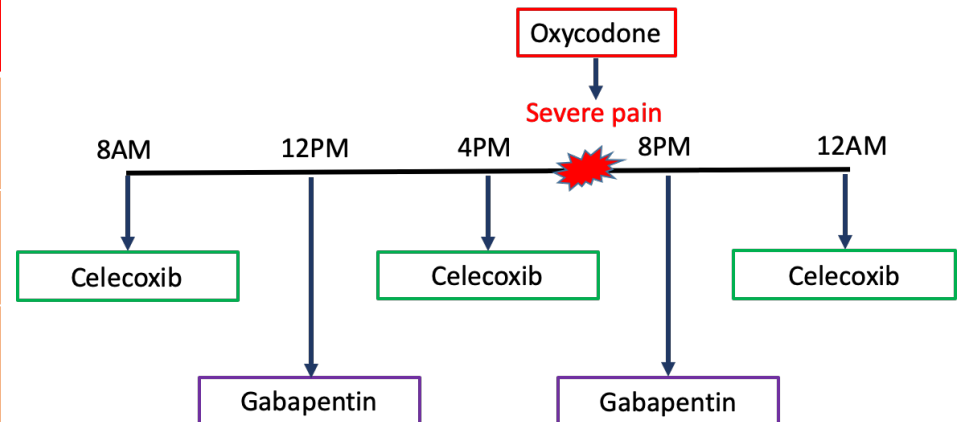
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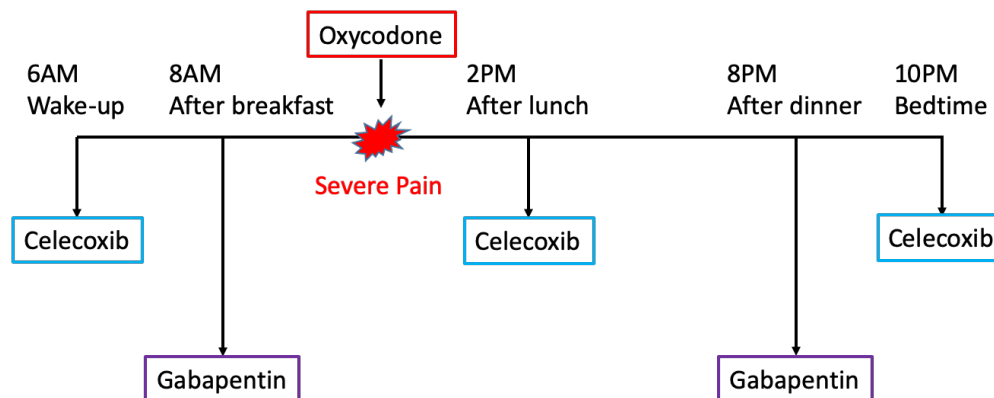
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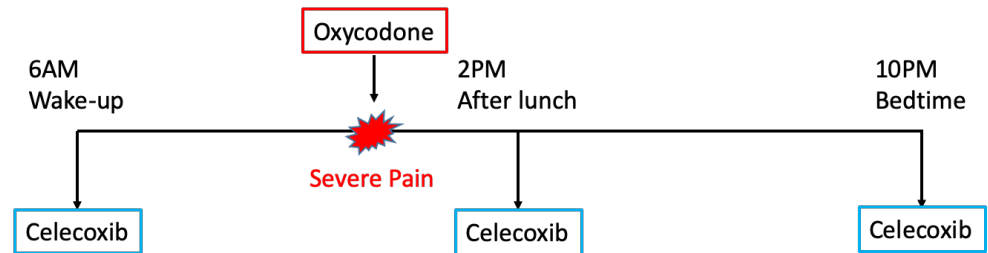
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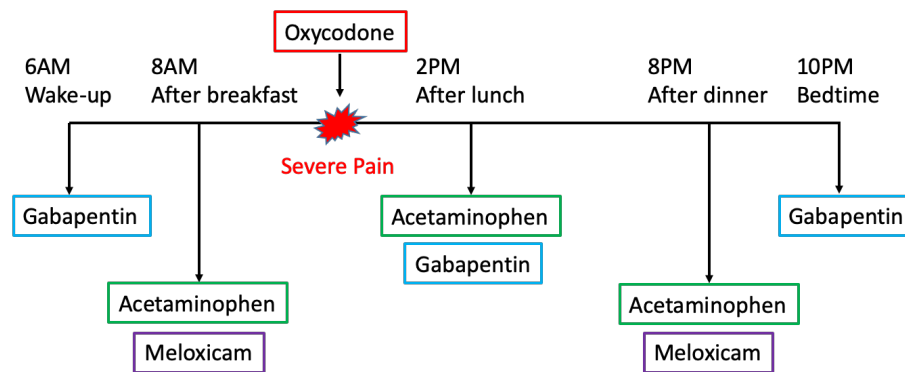
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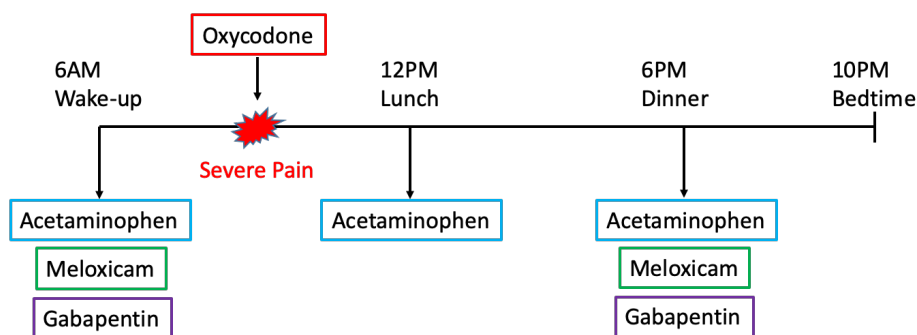
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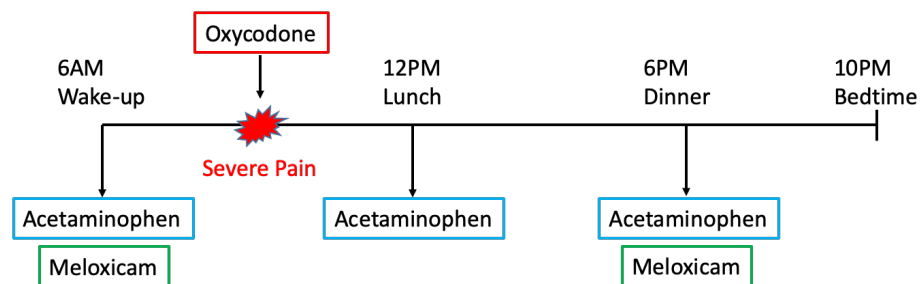
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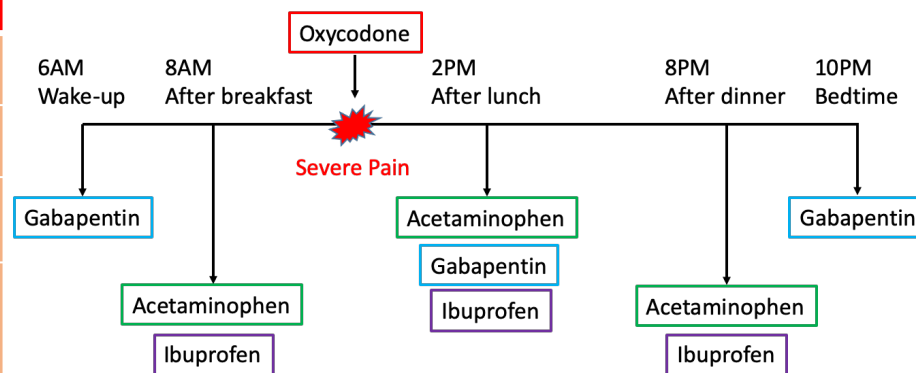
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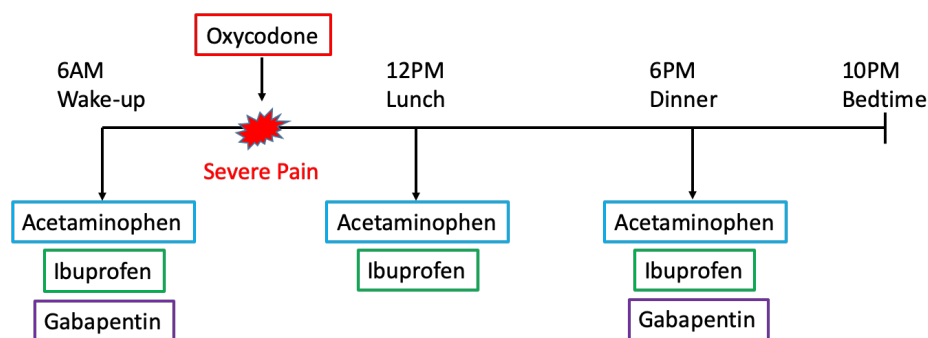
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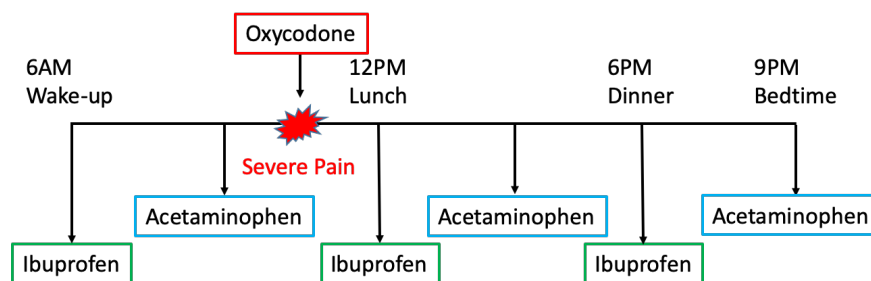
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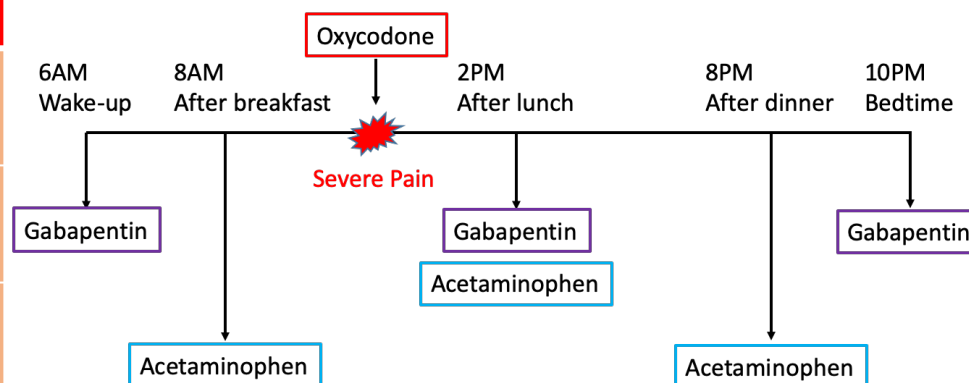
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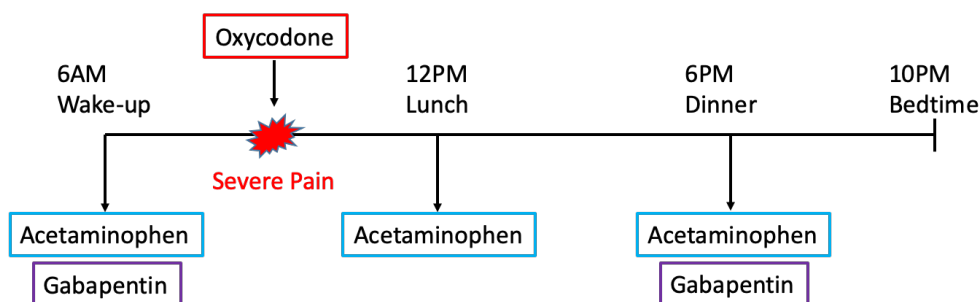
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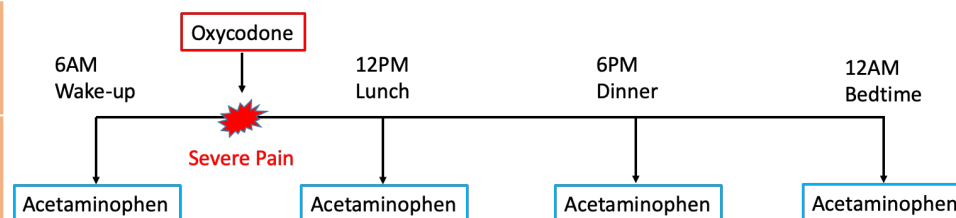
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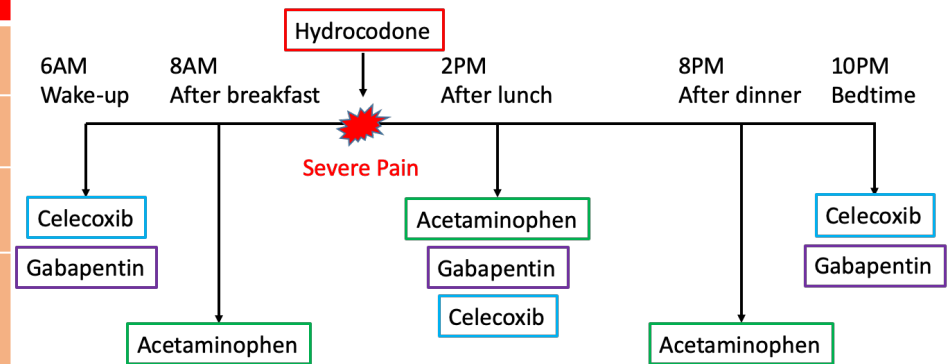
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Acetaminophen	1000mg every 6 hours	1000mg every 6 hours	1000mg every 6 hours	1000mg every 6 hours
Celecoxib	200mg every 8 hours	200mg every 8 hours	200mg every 8 hours	200mg every 8 hours
Gabapentin	300mg every 8 hours	300mg every 8 hours	300mg every 8 hours	300mg every 8 hours
Hydrocodone	--	--	5mg no more than every 12 hours	10mg no more than every 12 hours

An example of one way to take your pain medications:



My Post-Operative Abdominal Wall Reconstruction / Hernia Repair Pain Management Plan

Many surgery patients say they are worried about pain control after surgery, especially after they leave the hospital. We want to make sure you feel educated about your pain medicines and the best way to take them to help decrease these worries and improve your healing.

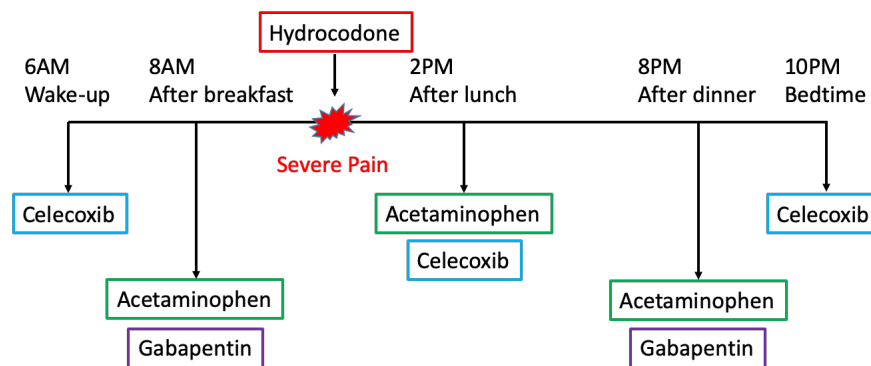
Pain is a normal and expected part of the healing process after surgery. Just like any injury (i.e. sunburn, finger cut), your pain will get better over time as your body heals itself. To best control your pain and avoid medications with poor side effects and addictive properties, **we recommend “multimodal analgesia” or “MMA”**. MMA works by using different pain medications that each works on different targets to control your pain. When these medications are taken together, they decrease multiple pain sources at once, giving you better pain relief. Although MMA is expected to reduce your pain and help you get back to some normal activities, MMA will not completely eliminate all of your pain.

Please take all of the medications as described below:

Follow-up appointment : _____

Pain Medication	No pain (0-2)	A little pain (3-5)	A lot of pain (6-8)	Severe pain (9-10)
Acetaminophen	1000mg every 6 hours	1000mg every 6 hours	1000mg every 6 hours	1000mg every 6 hours
Celecoxib	200mg every 8 hours	200mg every 8 hours	200mg every 8 hours	200mg every 8 hours
Gabapentin	300mg every 12 hours	300mg every 12 hours	300mg every 12 hours	300mg every 12 hours
Hydrocodone	--	--	5mg no more than every 12 hours	10mg no more than every 12 hours

An example of one way to take your pain medications:



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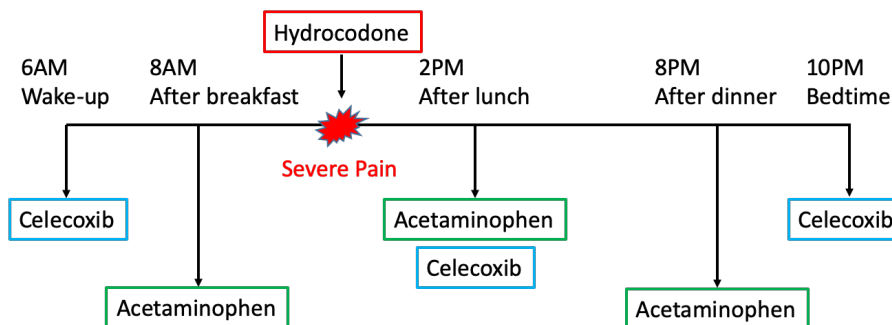
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Follow-up appointment : _____

Pain Medication	No pain (0-2)	A little pain (3-5)	A lot of pain (6-8)	Severe pain (9-10)
Acetaminophen	1000mg every 6 hours	1000mg every 6 hours	1000mg every 6 hours	1000mg every 6 hours
Celecoxib	200mg every 8 hours	200mg every 8 hours	200mg every 8 hours	200mg every 8 hours
Gabapentin	Take your existing prescription as usual	Take your existing prescription as usual	Take your existing prescription as usual	Take your existing prescription as usual
Hydrocodone	--	--	5mg no more than every 12 hours	10mg no more than every 12 hours

Take your gabapentin as you usually would. Here is an example of one way to take your other pain medications:



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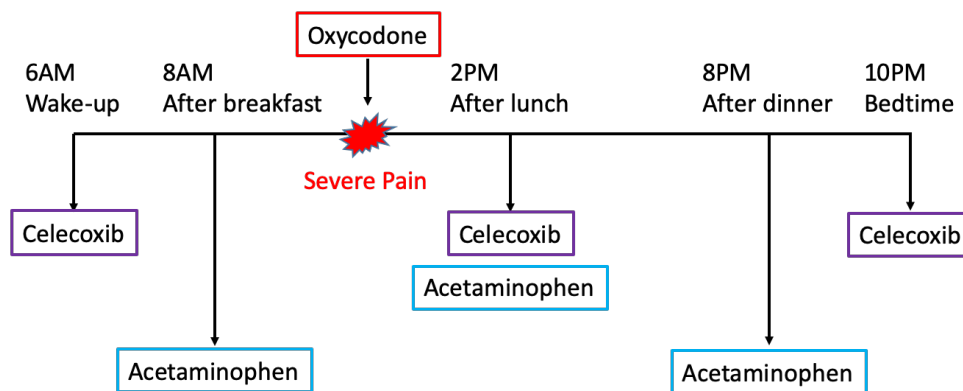
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Please take all of the medications as described below:

Follow-up appointment : _____

Pain Medication	No pain (0-2)	A little pain (3-5)	A lot of pain (6-8)	Severe pain (9-10)
Acetaminophen	1000mg every 6 hours	1000mg every 6 hours	1000mg every 6 hours	1000mg every 6 hours
Celecoxib	200mg every 8 hours	200mg every 8 hours	200mg every 8 hours	200mg every 8 hours
Oxycodone	--	--	5mg no more than every 4 hours	10mg no more than every 4 hours

An example of one way to take your pain medications:



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Pain Medication	No pain (0-2)	A little pain (3-5)	A lot of pain (6-8)	Severe pain (9-10)
Acetaminophen	1000mg every 6 hours	1000mg every 6 hours	1000mg every 6 hours	1000mg every 6 hours
Oxycodone	--	--		5mg no more than every 6 hours

An example of one way to take your pain medications:

