

right on Q

The On-Q Pain Ball aids in the battle against post-operative pain

By: [DR. THOMAS JENEBY]

S EVEN YEARS AGO, WHEN I WAS FRESH OUT OF RESIDENCY, I THOUGHT PAIN CONTROL WAS EASY. I OPERATED, GAVE PAIN MEDICATION AND THE PATIENT SHOWED UP ONE WEEK LATER HAPPY. I QUICKLY LEARNED THAT PAIN IS COMPLEX, OFTEN BRINGING WITH IT EMOTIONAL AND MENTAL FACTORS THAT CAN WARP PAIN INTO SOMETHING UNBEARABLE.

To combat this post-operative pain, I began using an On-Q Pain Ball – a little device that automatically delivers pain medication to the site of surgery without pressing a button, switch or otherwise tampering with it.

I've been using the On-Q system for six years. It is an elastomeric ball (plastic recoil) with catheters that go directly to the site of pain. It is non-narcotic (does not make you throw up), non-addictive and is a pain "lifesaver" for all my patients undergoing the following procedures:

Abdominoplasty /Mini-Abdominoplasty: Removing excess skin near and around the lower abdomen with tightening of the abdominal muscles; also known as a tummy tuck

Breast Augmentation: Increasing breast size through insertion of implants

Breast Reduction: Removal of part of the breast

Breast Reconstruction: Reconstruction of a breast that has been removed because of cancer or other disease

Body Lift: Lifting body segments and removing skin after body lift

Arm lift: Removing excess skin from the arms

The On-Q contains either lidocaine, marcaine or ropivacaine (all local anesthetics) and is distributed via sensors attached to the body which regulate the speed of medication delivery. There is nothing for the wearer to do except, well, wear it.

The ON-Q system can be worn discreetly and can be taken home. ON-Q works automatically and keeps the incision site numb, thus reducing pain. A doctor, nurse or you can easily remove the pump and tube when all of the medicine has been delivered, and you can get



back to normal activities and body functions faster than with pain-relieving narcotics.

The pain ball has the added ability to deliver antibiotics to the site theoretically decreasing the incidence of infection. Patients are able to move the next day, shower and brush their hair. Because of this increase in movement by the patient, blood clots to the legs are less likely and the post-operative course runs smoother.

In the end, pain control is a complicated subject and too broad to be discussed in this article. Suffice it to say, we have had a tremendous experience at this office (more than 400 pain balls), and I will not perform surgery without it.

I recommend it to almost anyone contemplating major surgery that is appropriate for the pain ball.



Please feel free to call with questions or you can e-mail me at drjeneby@drjenebyplasticsurgery.com. The pain ball Web site is www.askyoursurgeon.com