

Empowered Recovery

Managing Your Pain After Surgery



This video series is a collection of educational videos designed to support patients through their surgical journey. This series aims to provide valuable insights and practical strategies for managing pain effectively and fostering a smooth recovery.



What is Pain?

With Dr. Don Stader



Understanding Opioids

With Dr. Rachael Duncan & Dr. Susan Bradley



Preparing For Surgery

With Dr. Don Stader



Post Op Pain Medication

With Dr. Rachael Duncan & Dr. Susan Bradley



Post Op Pain: Alternatives to Opioids

With Dr. Don Stader



More Patient Resources