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The only pain medication I found effective was Dilaudid 2mg. Does nothing to heal, but takes enough pain away to enable you to accomplish some work. Did not try until after my 2nd surgery and it really works. Try it for pain control when it gets really bad.

All other times I take aspirin or ibuprofen 600 to 800mg, (OTC pills are 200mg each).

Rest has proven to be the best thing, but it sucks hind tit.