



## **POST-OPERATIVE PAIN MANAGEMENT**

At Orthopedic Spine Associates, we do our best to be sensitive to your pain and medication needs after surgery. We have a post operative pain medication protocol that has been designed to provide you with adequate pain control while minimizing the risks of addiction and tolerance to the medication. At your pre-operative appointment you will receive prescriptions for pain medication and an antibiotic. You should begin taking both as soon as you arrive home after being discharged from the hospital. Your initial pain medication prescription should last at least two weeks or until your first post-operative office visit. If you need further pain medication we will start you on a weaning down program that is continued until you are off of prescription strength medicines. We share your desire to discontinue all pain medications as soon as possible and our protocol is designed to help you accomplish that goal.

Each time a prescription is given, it will include a two week supply of medication. We will also give you a lower refill dose than the previous prescription to help you wean off of the medication. You may discontinue taking your pain medication at any time as you start feeling better. Please call your pharmacy with all refill requests at least 48 hours in advance. **Any refill request received after Noon on Friday will not be completed until the following Monday.** We also ask that you use only one pharmacy for all pain medications. If you feel that you require prescription pain medications beyond what we consider to be reasonable post-operative healing time, we ask that you go to your primary care physician for further medication.

- **For patients in a pain management program prior to surgery** •

We recommend that you stay on all of your medications as prescribed by your pain management doctor before and after your surgery. If needed, we will give you additional pain medication for your post-operative pain for up to six weeks. After that time, we prefer that all of your pain medication be prescribed by your previously prescribing physician.