***Johns Hopkins Post-Surgical Pain Management Guidelines:***

***Feb 15th, 2018***

Multimodal analgesia and Opioid Prescribing recommendation for narcotic naïve patient:

***Surgeon Lead: Dr Martin Makary***

***Pain Management Lead: Dr Marie Hanna***

1. ***General Surgery***

***1: Laparoscopic cholecystectomy***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop inpatient if admitted***

* ***Inpatient postop standing orders:***
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Inpatient Postop narcotics prn only:***
1. Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
2. Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
3. Fentanyl 25 mcg IV q3hrs. Prn for breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 10 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 10 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 10 pills

***2: Laparoscopic inguinal hernia repair, unilateral***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop inpatient if admitted***

* ***Inpatient standing orders:***
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Inpatient Postop narcotics prn only:***
1. Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
2. Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
3. Fentanyl 25 mcg IV q3hrs. Prn for breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

***3: Open inguinal hernia repair, unilateral***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop inpatient if admitted***

* ***Inpatient standing orders:***
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Inpatient Postop narcotics prn only:***
1. Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
2. Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
3. Fentanyl 25 mcg IV q3hrs. Prn for breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

***4: Open umbilical hernia repair***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop inpatient if admitted***

* ***Inpatient standing orders:***
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Inpatient Postop narcotics prn only:***
1. Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
2. Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
3. Fentanyl 25 mcg IV q3hrs. Prn for breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

1. ***Orthopedic procedures***

***1: Arthroscopic partial meniscectomy***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop discharge (Outpatient procedure)***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn = 5 -10pills

Dilaudid 2 mg PO q 6-8 hrs. Prn = 5 -10 pills

Tramadol 50 mg q 6 hrs. Prn = 5 -10 pills

***2: Arthroscopic ACL/PCL repair***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop discharge (Outpatient procedure)***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor, or if patient had a peripheral nerve catheter)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 20 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 20 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 20 pills

***3: Arthroscopic rotator cuff repair of the shoulder***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop discharge (Outpatient procedure)***

* ***Postop discharge standing orders:***

A) Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.

b) Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.

* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor, or if patient had a peripheral nerve catheter)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 20 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 20 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 20 pills

***4: ORIF of the Ankle***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop discharge (Outpatient procedure)***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.

b) Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.

* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor, or if patient had a peripheral nerve catheter)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 20 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 20 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 20 pills

1. **Obstetrics and Gynecology**

***1: Open hysterectomy***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 600 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop inpatient if admitted***

* ***Inpatient standing orders:***
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Inpatient Postop narcotics prn only:***
1. Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
2. Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
3. Fentanyl 25 mcg IV q3hrs. Prn For breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 15 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 15 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 15 pills

***2: MIS hysterectomy***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 600 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop inpatient if admitted***

* ***Inpatient standing orders:***
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
3. Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Inpatient Postop narcotics prn only:***
1. Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
2. Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
3. 25 mcg fentanyl IV q3hrs. For breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***
* Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
* Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
* Lidoderm patch every 12 hrs. at the site of laparoscopic incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 10 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 10 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 10 pills

***3: Uncomplicated Cesarean section***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen

***Intraop: ------***

***Postop inpatient***

* ***Inpatient standing orders:***
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
3. Lidoderm patch every 12 hrs. at the site of incision
* ***Inpatient Postop narcotics prn only:***
1. Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
2. Fentanyl 25 mcg IV q3hrs. Prn For breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
3. Lidoderm patch every 12 hrs. at the site of incision
* ***Postop discharge narcotics prn only: prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 10 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 10 pills

***3: Uncomplicated labor and delivery***

***Postop delivery inpatient***

* ***Inpatient standing orders:***
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.

***Inpatient Postop narcotics prn only:***

* Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
* Fentanyl 25 mcg IV q3hrs. Prn For breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
* ***Postop discharge narcotics prn only: prescribe ONE only ( choose number of pills based on your patients requirements in Floor)***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 5 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 5 pills

1. **Urology**

***1: Robotic retro pubic prostatectomy***

*Preop (1 hr. before surgery):* 1g PO Acetaminophen / 600 mg PO Gabapentin

*Intraop:* IV Ketorolac 15-30 mg one time (at conclusion of surgery)

*Postop inpatient*

* *Inpatient standing orders:*
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
3. Lidoderm patch every 12 hrs. at the site of incision

***Inpatient Postop narcotics prn only:***

* Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
* Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
* Fentanyl 25 mcg IV q3hrs. Prn For breakthrough pain

*Postop discharge*

* *Postop discharge standing orders:*
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. for second week /1g PO Acetaminophen prn q8hrs for pain after second week
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. for 3 days followed by q8 hrs. Prn for pain.
3. Lidoderm patch every 12 hrs. at the site of incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 10-15 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 10-15 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

1. **Breast surgery**

***1: Simple mastectomy or lumpectomy***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop inpatient***

* ***Inpatient standing orders:***
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
3. Lidoderm patch every 12 hrs. at the site of incision
* ***Inpatient Postop narcotics prn only:***
* Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
* Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
* Fentanyl 25 mcg IV q3hrs. Prn For breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. for second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. for 3 days followed by q8 hrs. Prn for pain.
3. Lidoderm patch every 12 hrs. at the site of incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old***

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 5-10 pills

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 5-10 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 5- 10 pills

***2: Mastectomy with sentinel nodes / mastectomy with reconstruction***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop inpatient***

* ***Inpatient standing orders:***
1. Acetaminophen 1g PO q8hrs
2. Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
3. Lidoderm patch every 12 hrs. at the site of incision
* ***Inpatient Postop narcotics prn only:***
1. Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
2. Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
3. Fentanyl 25 mcg IV q3hrs. Prn For breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***
1. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
2. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
3. Lidoderm patch every 12 hrs. at the site of incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 10 - 15 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

1. **Thoracic Procedures**

***1: VATS (video Assisted Thoracotomy)***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop inpatient***

***Inpatient standing orders:***

* Acetaminophen 1g PO q8hrs
* Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.
* Lidoderm patch every 12 hrs. at the site of incision

***Inpatient Postop narcotics prn only:***

* Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
* Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
* Fentanyl 25 mcg IV q3hrs. Prn For breakthrough pain

***Postop discharge***

***Postop discharge standing orders:***

* Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
* Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
* Lidoderm patch every 12 hrs. at the site of incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 10 - 15 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 10 -15 pills

1. **Otolaryngology (ENT)**

***1: Thyroidectomy, partial or total***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** ------

***Postop inpatient***

* ***Inpatient standing orders:***
* Acetaminophen 1g PO q8hrs
* Ibuprofen (NSAIDs) 400 mg PO q8 hrs.
* Lidoderm patch every 12 hrs. at the site of incision
* ***Inpatient Postop narcotics prn only:***
* Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.
* Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.
* Fentanyl 25 mcg IV q3hrs. Prn For breakthrough pain

***Postop discharge***

***Postop discharge standing orders:***

* Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
* Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
* Lidoderm patch every 12 hrs. at the site of incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 5-10 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 5-10 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 5-10 pills

***2. Cochlear Implant***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** ------

***Postop inpatient***

* ***Inpatient standing orders:***

-Acetaminophen 1g PO q8hrs

- Ibuprofen (NSAIDs) 400 mg PO q8 hrs.

* ***Inpatient Postop narcotics prn only:***

-Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.

- Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.

 - Fentanyl 25 mcg IV q3hrs. Prn For breakthrough pain

***Postop discharge***

***Postop discharge standing orders:***

* Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.
* Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.
* Lidoderm patch every 12 hrs. at the site of incision
* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 5 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 5 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 5 pills

1. ***Spine Surgery***

***1: Microdiscectomy (one level)***

***Preop (1 hr. before surgery):*** 1g PO Acetaminophen / 300 mg PO Gabapentin

***Intraop:*** IV Ketorolac 15-30 mg one time (at conclusion of surgery)

***Postop inpatient if admitted***

* ***Inpatient postop standing orders:***

Acetaminophen 1g PO q8hrs

Ketorolac 15-30 mg IV q6-8 hrs. Or Ibuprofen (NSAIDs) 400 mg q8 hrs.

Lidoderm patch every 12 hrs. at the site of incision

* ***Inpatient Postop narcotics prn only:***

Tramadol 50 mg q 6 hrs. Prn for mild to moderate pain.

Oxycodone 5 mg PO q 4 hrs. Prn for moderate to severe pain.

Fentanyl 25 mcg IV q3hrs. Prn for breakthrough pain

***Postop discharge***

* ***Postop discharge standing orders:***

. Acetaminophen 1g PO q8hrs for first week/ 1g PO Acetaminophen Q12 hrs. For second week /1g PO Acetaminophen prn q8hrs for pain after second week.

. Ibuprofen (NSAIDs) 400 mg q8 hrs. For 3 days followed by q8 hrs. Prn for pain.

. Lidoderm patch every 12 hrs. at the site of incision

* ***Postop discharge narcotics prn only:***
	+ ***Prescribe ONE only ( choose number of pills based on your patients requirements in PACU and Floor)***
	+ ***Choose tramadol if patient is older than 65 years old or sensitive to narcotics***

Oxycodone 5 mg PO q6-8 hrs. Prn for 2 days, q12hrs prn = 10-15 pills

Dilaudid 2 mg PO q 6-8 hrs. Prn for 2 days, q12hrs prn = 10-15 pills

Tramadol 50 mg q 6 hrs. Prn for 2 days, q12hrs prn = 10-15 pills

***Notes:***

* In case of patient allergy to oxycodone, replace 5mg oxycodone with 2 mg hydromorphone (Dilaudid)
* All medications require a thorough evaluation for contraindications. Doses given are recommendations. Adjustments may be required for individual patients.
* Contraindications:
1. Gabapentin: renal dosing in chronic kidney disease
2. Acetaminophen : contraindicated with liver disease or elevated LFTs
3. NSAIDS: contraindicated with bleeding risks, GI ulcers and chronic kidney disease
4. Tramadol : contraindicated with patient on SSRI and those with history of seizure
* Patients 65 years old or older should be given Tramadol instead of oxycodone or dilaudid
* These guidelines should be customized based on patient’s medical history and physical exam. Use sound clinical judgement to guide your prescribing practices.

**COX-2 Selective Inhibitor, Celecoxib**

Consider for patients who are unable to receive Ketorolac because they have a history of GI ulcers or bleeding. Usually give postoperatively. May use in orthopedic surgery patients who do not have any contraindications.

Dosing: Give 200 mg 1-2 hours before surgery and every 12 hours for 5 days. Decrease daily dose by 50% in patients with hepatic impairment (Child-Pugh Class B).

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Please Note

All medications require a thorough evaluation for contraindications. Doses given are recommendations. Adjustments may be required for individual patients. In case of patient allergy to Oxycodone, replace 5mg Oxycodone with 2 mg Hydromorphone (Dilaudid).

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Some examples of relative contraindications:

1. Gabapentin: renal dosing in chronic kidney disease
2. Acetaminophen : contraindicated with liver disease or elevated LFTs
3. NSAIDS: contraindicated with bleeding risks, GI ulcers and chronic kidney disease
4. Tramadol: contraindicated with patient on SSRI and those with history of seizure

COX-2 Selective Inhibitor, Celecoxib

Give to postop patients who are unable to receive ketorolac because they have a history of GI ulcers or bleeding. Also give preop to orthopedic patients who do not have any contraindications.

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**Dosing**: Give 200 mg 1-2 hours before surgery and every 12 hours for 5 days. Decrease daily dose by 50% in patients with hepatic impairment (Child-Pugh Class B)

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**OUR EXPERT PANEL**

Brian Matlaga, MD, MPH, Urology

Clark Johnson, MD, MPH, Ob/Gyn

Jeanne Sheffield, MD, Ob/Gyn

Ronen Shechter, MD, Anesthesiology

Hien Nguyen, MD, Hernia Surgery

Greg Osgood, MD, Orthopaedic Surgery

Richard Burkhart, MD, Gen. Surgery

Alex Blair, MD, Gen. Surgery

Wes Ludwig, MD, Urology

Suzanne Nesbit, PharmD

Matthew Pickering, PharmD

Susan Hutfless, PhD, MS, Research Team

Peiqi Wang, MD, MPH, Research Team

William Bruhn, Research Team

Suzette Morgan, Patient Representative

Marty Makary, MD, MPH, Surgeon Lead

Marie Hanna, MD, MBBCh, Pain Management Lead

Christian Jones, MD, MS, Gen. Surgery

Lisa Kodadek, MD, Gen. Surgery

James Taylor, MD, MPH, Gen. Surgery

Heidi Overton, MD, Gen. Surgery

Zachary Enumah, MD, Gen. Surgery

Christi Walsh, CRNP, Gen. Surgery

Mehran Habibi, MD, MBA, Breast Surgery

Kayode Williams, MD, MBA, Anesthesiology

Jon Russell, MD, ENT

Mark Bicket, MD, Anesthesiology

Joanna Etra, MD, Gen. Surgery

Stephen Broderick, MD, Thoracic Surgery

Tiffany Zavadsky, RN, Patient Representative