

Prescription Policy Following Surgery

1. It is **normal** to have pain after surgery and most of the pain does not represent damage or danger.
 - a. ***Pain medications are to help manage post-surgical pain, not to make it go away completely.**
2. You will be given a prescription for narcotic pain medicine at time of discharge;
 - a. Please follow the instructions carefully.
 - b. The instructions are a guideline, which allows for changes in the dosage including number of tablets taken and the amount of time in between doses.
 - i. **Narcotic pain medications may cause nausea and constipation.**
 1. **High fiber diet and over the counter stool softeners can help with this. You can also try ½ apple juice, ½ prune juice and warm it up like a tea for constipation.**
 - ii. Please take medications with food.
 - iii. Keep written records of when pain medications are taken
 - c. **Acetaminophen and ibuprofen (if able to take NSAIDS) can be used in addition to the narcotic medication to help with pain management.**
3. **A written script may need to be picked up at one of our clinics for any narcotic medications.**
 - a. Please allow ample time to process this medication refill request.
 - b. The person picking up written script must have a valid ID and know the patient's date of birth.
 - c. Please allow ample time if written script needs to be sent in the mail.
4. **A limited number of refills are authorized depending on the type of surgery performed: narcotics have a max daily dose of 6 pills/day.**
5. In order to ensure timely service, be sure to include as much information as possible when requesting a refill.
 - a. Complete name and date of birth
 - b. Name and location of pharmacy
 - c. Name of prescription
 - d. Best location to pick written script up
6. Prescription requests submitted **after 3pm** will not be processed until the next business day, if authorized.
7. Refills **can not** be processed over the weekend. Be sure to submit your request **before 12:00pm on Friday** if you need a refill before Monday.
8. For your convenience, call your pharmacy before leaving home to make sure they have your prescription ready.
9. Do not drive while taking narcotic medications.
10. **ICE** and **ELEVATION** work hand in hand with narcotic medication to provide pain relief.