

Narcotics/Pain Medication Policy
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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 take it away completely**
2. You will be given a prescription for pain medicine at the 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. Take medications with food
 - iii. Keep written records of when pain medications are taken
3. **A limited number of refills are authorized depending on the type of surgery performed**
 - a. Due to insurance requirements, you may need to **pay out-of-pocket** for medication refills
4. 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(s)
5. Prescription requests submitted **after 3pm (noon of Fridays)** will not be processed until the next business day, if authorized. **Please allow 1–2 business days for prescriptions refill processing.**
6. Refills **will not** be processed over the weekend by our on-call team
7. For your convenience, call your pharmacy before leaving home to make sure they have your prescription ready
8. Do not drive while taking narcotic medications
9. Pain management strategies:
 - a. **ICE** and **ELEVATION** work hand-in-hand with narcotic medication to provide pain relief
 - i. Half hour on, half hour off
 - ii. Elevate above the level of the heart

- b. Over-the-counter medications (Acetaminophen and Ibuprofen/Naproxen) aid in pain management and assist with overall decreased narcotic use
 - i. You can take Tylenol and NSAIDs simultaneously (they are different medications)
- c. Stagger the pain medications you're taking (don't take them all at once)
- d. For help with sleeping, try adding in Melatonin or Tylenol PM

If you have any questions or concerns, please contact Dr. Saterbak's team at 651-351-2618 or SaterbakAcareteam@tcomn.com