



## **Narcotics Medication Policy Following Surgery**

**Andrea Saterbak, MD**

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 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.
3. **A limited number of refills are authorized depending on the type of surgery performed: narcotics have a max daily dose of 6 pills/day.**
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
5. Prescription requests submitted **after 3pm** will not be processed until the next business day, if authorized. **Please allow 2 – 3 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. **ICE** and **ELEVATION** work hand in hand with narcotic medication to provide pain relief.

**If you have any questions or concerns, please call Nick T at 651-351-2618.**