

WHAT IS AN OPIOID?

An opioid is a prescription pain medication that may be prescribed by your surgeon to use after surgery



Most Common Opioids

Generic Name	Brand Name
Codeine	Tylenol® #3*, Tylenol® #4*
Fentanyl	Duragesic®*
Hydrocodone	Vicodin®, Norco®*
Hydromorphone	Dilaudid®
Methadone	Methadose®
Morphine	MS Contin®, Kadian®
Oxycodone	Percocet®*, OxyContin®
Oxymorphone	Opana®
Tramadol	Ultram®, Ultracet®*

*Contains acetaminophen (Tylenol®)
Use caution if you're taking acetaminophen



OPIOID USE

- Use opioids only for severe breakthrough pain that is not controlled with OTCs and as pain gets better, stop using or use fewer opioids
- Do not use opioids at the same time as alcohol, benzodiazepines, muscle relaxers, sleep aids, or other medications that can cause sleepiness
- If you are pregnant or planning to become pregnant, using opioid medications can cause harm to a fetus, including neonatal abstinence syndrome
- Talk to your surgeon about a prescription for Naloxone which is a medication that temporarily reverses the dangerous effects of an opioid overdose



Know the Risks

Anyone who uses an opioid, even for just a short time, is **at risk** for dependence, tolerance, misuse, addiction, and overdose. This risk may be higher in individuals with history of:

- Substance use disorder
- Tobacco use disorder
- Mental illness
- Long-term (chronic) pain
- Sleep apnea or breathing problems
- Taking opioids for longer than a few days or more often than prescribed

Overdose and Death

Opioids can cause **slowed breathing** and lead to overdose death. Discuss the following signs and symptoms of an overdose with your family and friends:

- Cannot be awakened or are unable to speak
- Vomiting or making gurgling noises
- Limp body that may seem lifeless
- Fingernails or lips turned blue/purple
- Extremely pale or feels clammy to the touch

MANAGING PAIN AFTER SURGERY



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Opioid Side Effects
Contact your surgeon if you notice any side effects



Constipation



Itching



Sleepiness



Nausea
or vomiting



Impaired
motor skills
or judgement

OPEN
Evidence. Resources. Engagement.

UNDERSTANDING SURGICAL PAIN

- The goal of pain management is for you to do activities of daily living like:
 - Eat
 - Sleep
 - Breathe deeply
 - Walk
- Pain after surgery is normal
 - While everyone feels pain differently, typically surgical pain is the worst during the first 2-3 days after and then begins to get better
- Pain may be well controlled with a schedule of over-the-counter (OTC) medications, such as acetaminophen (Tylenol®) and ibuprofen (Motrin®, Advil®)
- Adding non-medication options to your pain management plan can help to successfully treat pain

Information in this brochure was developed by OPEN based on the standard patient. It does not replace medical advice from your health care provider. Questions about this document, your condition, or your treatment should be discussed with your healthcare provider.

DISCUSS WITH YOUR SURGEON:

Medications and Substances

- Review with your surgeon and ask for recommendations for how to take your medications prior to surgery including:
 - Alcohol
 - Tobacco
 - Antidepressants (like Prozac® or Celexa®)
 - Sleep aids (like Ambien® or Seroquel®)
 - Benzodiazepines (like Valium®, Xanax®, or Klonopin®)
 - Stimulants (like Adderall®, Ritalin®, or Vyvanse®)
 - Opioids (like Oxycodone, Vicodin®, Norco®)
 - Any other substances (like Marijuana, Crack/Cocaine, Methamphetamine)

Pain Expectations

- What type of pain you will have
- How long you should expect to have pain
- What you should do if your pain is not controlled



Non-Medication Options

- Many techniques exist to successfully treat pain.
 - Examples:
 - Meditation
 - Relaxation
 - Music
 - Mindful breathing
 - Reading
 - Short walks
 - Compression
 - Ice



Using OTC Medication

- If you can use OTC medications after surgery
- Appropriate dose and how often to take
 - Example: For the first 3 days after surgery take OTCs at regular, scheduled times

9 AM	TYLENOL (1000mg) MOTRIN (600mg)
3 PM	TYLENOL (1000mg) MOTRIN (600mg)
9 PM	TYLENOL (1000mg) MOTRIN (600mg)

SAFE STORAGE AND DISPOSAL

Opioid Storage

- Lock up medications if possible
 - Try a medication lock box, safe, or drawer with a lock!
- Store medications in private areas, do not store in common rooms like the bathroom or kitchen
 - Do not store in a purse
- Keep count of how much medication is left
- Talk about the risks of opioids with family and friends

Opioid Disposal

- Use home disposal options such as a deactivation bag or medication mail-back envelope
- Use a permanent medication drop box
- Drop off opioids and medications at a community Take Back Event
- Use your trash as a last resort:
 - Mix opioids (do not crush) with used coffee grounds or kitty litter in a bag and throw away
 - Take personal information off of the prescription label before disposal



Find a disposal location