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

***Feb 15th, 2018***

Multimodal analgesia and Opioid Prescribing recommendation for narcotic naïve patient:

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***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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