



DR. THON'S OPIOID PRESCRIPTION POLICY



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OUR CLINIC'S POLICY ON POST-OPERATIVE OPIOID PAIN MEDICATION

We understand recovering from surgery can be painful. We aim to manage your pain effectively while also addressing the dangers of opioid medication dependence and misuse. Our goals are to utilize as many non-addictive and non-habit forming modalities for pain control.

After your procedure, you will receive a single prescription for a short-acting opioid pain medication to be used only on an *"as needed"* basis to manage **breakthrough pain**. We want you to have the prescription should you need it, with the expectation that you should not be taking the entire bottles worth of pain medication. There is also the expectation that there will be pain after surgery no matter what modalities we utilize. The goal for pain control is to make it manageable, not make the pain "disappear". We restrict initial prescriptions to no more than a few days' worth to avoid overexposure.

We ask that you first utilize our recommended multimodal pain relief plan. This includes anti-inflammatory medication(s), acetaminophen, and muscle relaxers on a regular schedule starting the day of surgery. This combination approach is very effective for the majority of our patients.

If pain persists despite adhering to this regimen, then the prescribed opioid serves as supplemental relief to get you through to your follow up visit. At that appointment we can reassess your pain and adjust medications accordingly. **It is the expectation that the initial opioid prescription lasts you until your follow up visit with Dr. Thon.**

In addition, if you are on opioid pain medication chronically, we do not adjust our prescribing pattern. You will need to speak with the provider who prescribes your opioid medications for adjustments, increases, or changes. Otherwise, we can arrange a consult with a pain medicine specialist. **These concerns should be discussed and addressed PRIOR to your surgery, not after.**

We cannot, and will not, call in refills of opioid prescriptions early or without an office visit due to ethical and legal obligations around these controlled substances. Please take the medication only as directed and supplement with other pain relievers whenever possible. If you have excessive problems controlling pain, call our office to explore additional options.

This policy reflects care and caution - not doubt of our patients' needs. We aim to help you recover comfortably while addressing a major public health crisis. Please communicate any concerns so we can find the right balance.