

Opioids for pain after Orthopedic surgery: Your questions answered



Hôpital général juif
Jewish General Hospital

CHANGES ?

OPIOIDS AND NON-OPIOIDS HAVE BEEN PRESCRIBED TO TREAT YOUR PAIN AFTER SURGERY.



1

Opioids (such as morphine, oxycodone, and Dilaudid®) are generally used to treat severe pain. Non-opioids such as acetaminophen (Tylenol®), and/or anti-inflammatories such as celecoxib (Celebrex®) are used to treat mild to moderate pain. Both are often used together. Other methods that can be combined with medications include using ice, relaxation techniques, stretching, physiotherapy etc. Ask about which options are best for you to treat pain.

CONTINUE ?



2

It is normal to have some degree of discomfort after surgery. As you get better, you will need fewer pain medications. The goal of pain management is to keep you functioning and participating in daily activities that will help you along the road to recovery.

PROPER USE ?



3

Use the lowest possible dose of opioids for the shortest possible time, on an as needed basis for moderate to severe pain. Confirm with your pharmacist before taking any other medications as there may be interactions. Avoid alcohol and do not drive while taking opioids. Overdose and becoming physically and psychologically dependent can occur with opioids.

MONITOR ?



4

Side effects can include drowsiness, constipation, nausea, vomiting, itchiness and dizziness. Your doctor or your pharmacist can prescribe laxatives to prevent or treat constipation from opioids. Contact your doctor if you have concerns or side effects from the opioids, that are difficult for you to manage.

STORAGE AND DISPOSAL ?



5

Store your opioids in a safe place away from children and pets. Return unused medication to your pharmacy for proper disposal. Never let anyone else use your medications as it is not safe and has been prescribed specifically for your surgical pain.

FOLLOW-UP ?



6

ASK YOUR PRESCRIBER WHEN YOUR PAIN SHOULD GET BETTER

If your pain is not improving as expected, or your pain is not well controlled, contact your doctor for an earlier follow-up appointment, or contact your pharmacist.



Institute for Safe Medication Practices Canada
Institut pour la sécurité des médicaments
aux patients du Canada

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