



New England Shoulder and Elbow Center

Beth Israel Lahey Health 
New England Baptist Hospital

Sarav S. Shah, MD

Emily Stempien, PA-C

Phone: 617-754-6630

Fax: 617-754-6629

POST – OPERATIVE PAIN MEDICATION POLICY

- If you have been prescribed a narcotic pain medication such as oxycodone, tramadol, dilaudid, etc. you will receive **ONE** more refill after the first post-operative prescription has been used.
- Please utilize Tylenol or Advil/Motrin in addition to the pain medication, as long as you have no contraindications such as decreased liver function, decreased kidney function, are on a blood thinning medication, etc.
- Please begin to wean off of the narcotic pain medication as soon as possible.
- Begin by changing the dose, then the interval. For example, if you are taking 10mg of a medication every 4 hours, taper down to 5mg every 4 hours for the next 1-2 days. Then taper down to 2.5mg every 4 hours for the next 1-2 days. Then begin taking 2.5mg every 6-8 hours for the next 1-2 days. Then take 2.5mg once a day for the next 1-2 days. This process will help decrease the chances of withdrawal symptoms.
- Drink plenty of water and implement a healthy diet while taking pain medications and recovering from surgery.
- Please do not drink alcohol, drive, or operate heavy machinery while taking
- Common side effects of being on opioid medications are:
 - Constipation
 - Fatigue
 - Respiratory issues such as sleep apnea
 - Depressed mood
 - Opioid-induced hyperalgesia (abnormal pain sensitivity from long term opioid use)
 - Physical dependence (long term use can cause physical withdrawal symptoms when suddenly stopped)