

What does it mean to take narcotics safely after surgery?

ONLY take narcotics IF your pain isn't getting better with safer medications (Tylenol, Meloxicam)

What are the benefits?

- ✓ Decreased risk of dependency
- ✓ Not having the side effects of narcotics (drowsiness, constipation, nausea and vomiting)
- ✓ Decreased risk of left over medication



It is very important to dispose of leftover medications appropriately. Please return any leftover prescription medications to your pharmacy or bring them to your follow up appointment.



Narcotic Sparing Analgesia Protocol-NSAP

Safely taking narcotics after surgery



What is the NSAP protocol?

This means first managing your pain with other medications that don't contain opioids or narcotics.



It is normal to have some discomfort after your operation

During your operation, local freezing and pain medications are given to help you with this.

Your pain will improve day by day!

Please notify your surgeon if you have a history of stomach ulcers, liver disease, kidney disease or allergies to any of these medications.

Meloxicam/Naproxen and Tylenol

- Take these medications as prescribed and as instructed by your pharmacist.

If you do not have drug coverage for Meloxicam, you may substitute for Naproxen(Aleve)

To maximize pain relief, it is recommended that you take both medications for 3 days.

When should I fill the narcotic prescription?

Only fill the narcotic prescription if the other medications do not control your pain.

Tramadol OR Codeine

- Tramadol and Codeine are narcotic/opioid pain killers.

This medication plan should relieve most of your discomfort.

90% of patients will have good pain control and not require the use of narcotics.

Please visit My Health Alberta for more information on opioids @

<https://myhealth.alberta.ca/Alberta/Pages/Substance-use-opioids.aspx>

OPIOID EPIDEMIC

