



THUNDER BASIN ORTHOPAEDICS
AND SPORTS MEDICINE

Understand your prescription pain medicine

- Pain medication is meant to be taken as needed (prn). While you may need prescription pain medicine at first, it is best to start lowering how much you take as soon as you can.
- If you were taking opioids preoperatively, do not take those in combination with any new prescriptions from the surgeon.
- Pain medicine will make you constipated. Keep moving, drink plenty of water and eat more fiber (fruits, vegetables, and whole grains). **You may take a stool softener (such as colace), which you should take until you are done taking the pain medicine.**
- **Please call at least 48 hours ahead of time for a refill. We can't give refills after 5pm, on Fridays, or on weekends.**
- You cannot call in to the pharmacy for a refill prescription. You must call our office.

Expect to take less pain medicine over time!

- Prescription pain medicine is addictive in as early as 2 weeks; it is important that you do not become dependent on it. We will expect you to use less prescription pain medicine over time.
- We recommended that you wean your narcotic use slowly and not abruptly. If you are taking 2 narcotic tablets every 4 hours, then wean to 1 tablet every 4 hours, then 1 tablet every 6 hours, and so on until you are able to stop taking these narcotics all together.
- If you have any questions about weaning off your pain medicine, please contact our office.

Important: Six (6) weeks after your surgery, we will stop refilling prescriptions for pain medicine.

If you think you still need prescription pain medicine longer, we will refer you to pain management.