



## **Extended Release Pain Management Protocol**

### **Goals:**

1. To keep you comfortable after surgery, selected fractures and other injuries.
2. To minimize your need for narcotic pain medications.

### **How?**

1. By starting medications to decrease your pain even before surgery.
2. By using a combination of long acting, non-addicting pain relieving medications and anti-inflammatory medications.
3. By limiting your need for short acting narcotic pain medications that give you a quick, short burst of pain relief, but leaves you with more pain when it wears off.

### **Warnings:**

1. Don't take the Aleve (naproxen) if you are allergic to naproxen, aspirin or ibuprofen, if you have kidney damage, bleeding ulcers or are on blood thinning medications.
2. Don't take the Tylenol (acetaminophen) if you are allergic to it or if you have liver damage.
3. The maximum daily recommended dose of Tylenol is 3000 mg per day, which is the same as 4.5 of the 650 mg pills. You may have to do some math if your rescue narcotic medication also contains acetaminophen.
4. Do not drive while taking narcotic pain medications or Benadryl.

### **Plan:**

1. Aleve 220 mg (generic is naproxen) and Tylenol Arthritis 650 mg (generic is acetaminophen extended release), on the morning of surgery, with a sip of water, prior to leaving for the hospital.
2. Aleve 220 mg every 12 hours (in the morning and evening), for 2-3 days after the surgery/injury. You can stop two days after surgery if you no longer have much pain. Take it with food and stop it if it bothers your stomach.
3. Tylenol Arthritis 650mg (or any brand of acetaminophen extended release), every eight hours for 2-3 days after the surgery/injury.
4. You can also take Benadryl (generic is diphenhydramine) 2 tablets (50mg total) to help you sleep. You can take this every 8 hours if needed.
5. If you still have pain, you can take a rescue dose of codeine, hydrocodone, oxycodone or tramadol that you were prescribed every 6 hours if needed for pain.

*For acute injuries, use the above plan, starting at step 2.*