



Prescription Policy Following Surgery Andrea Saterbak, MD

1. It is normal to have pain after surgery and most of the pain does not represent damage or danger.
 - a. Pain medications are to help manage post surgical pain, not make it go away completely.
2. You will be given a prescription for pain medicine at time of discharge;
 - a. Please follow the instructions carefully.
 - b. The instructions are a guideline, which allows for changes in the dosage including number of tablets taken and the amount of time in between doses.
 - i. Narcotic pain medications may cause nausea and constipation.
 1. High fiber diet and over the counter stool softeners can help with this. You can also try ½ apple juice, ½ prune juice and warm it up like a tea for constipation.
 - ii. Please take medications with food.
 - iii. Keep written records of when pain medications are taken
3. A written script must be picked up at one of our clinics for any narcotic medications.
 - a. Please allow ample time to process this medication refill request.
 - b. The person picking up written script must have a valid ID and know the patient's date of birth.
4. A limited number of refills are authorized depending on the type of surgery performed.
5. In order to ensure timely service, be sure to include as much information as possible when requesting a refill.
 - a. Complete name and date of birth
 - b. Name and location of pharmacy
 - c. Name of prescription
 - d. Best location to pick written script up
6. Prescription requests submitted **after 3pm** will not be processed until the next business day, if authorized.
7. Refills **can not** be processed over the weekend. Be sure to submit your request **before 12:00pm on Friday** if you need a refill before Monday.
8. For your convenience, call your pharmacy before leaving home to make sure they have your prescription ready.
9. Do not drive while taking narcotic medications.
10. **ICE** and **ELEVATION** work hand in hand with narcotic medication to provide pain relief.