

For More Information:

American Medical Association

<http://www.ama-assn.org/ama/pub/advocacy/topics/preventing-opioid-abuse/opioid-abuse-resource-guide.page>Resources for Patients

Massachusetts Medical Society

<http://www.massmed.org/smart-and-safe/>

Massachusetts Department of Public Health

For prescription drop box locations, information for parents and more.*

<http://www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/key-resources.html>

Massachusetts Substance Abuse Hotline

<http://helpline-online.com/>

PAIN RELIEF AFTER INJURY OR SURGERY

What Your Orthopaedic
Surgeon Wants You To
Know About Opioids

maorthoexec@gmail.com - www.massortho.org

The Massachusetts Orthopaedic Association offers this overview for informational purposes only and is not intended to take the place of consultation with your physician. You should always consult a physician whenever you require diagnosis, treatment or have questions about your prescribed medication.



*"Opioid addiction is a health care issue that knows no boundaries across age, race, class or demographics."
"From the Berkshires, to Boston, to Cape Cod, too many people have heart-wrenching stories of loved ones or friends who have battled with addiction and in some cases lost their lives."
-Governor Charlie Baker*

Opioid Pain Medicine

The United States is in the midst of an opioid pain medication crisis. This is a serious public health issue. Misuse of opioid pain medication can lead to addiction, overdose, and death.

Your orthopaedic surgeon has determined that an opioid pain medicine will help manage the pain you will experience due to your procedure, condition or injury. As your orthopaedic surgeon, it is our goal to maintain appropriate pain control while minimizing the use and the duration of use of opioid pain medication.

What are Opioid Pain Relievers?

Opioid Pain Relievers are narcotic medications that reduce pain. Prescribed Opioids are useful to counter short term pain and should be taken responsibly and cautiously. As with any medication, there are risks and side effects that are important for you to be aware of before beginning your medication.

RISK S:

Possible risks from taking opioids include adverse reactions, misuse, abuse, dependency and addiction.

- Opioids can slow reaction time, which can increase the risk of accidents. **Do not drink alcohol, drive or operate machinery while taking these medications.**
- They can lead to a fatal overdose. An overdose is more likely if you combine Opioids with alcohol or other drugs such as antidepressants and blood thinners.

SIDE EFFECTS:

Possible side effects include:

- *Drowsiness*
- *Constipation*
- *Dry mouth*
- *Nausea*
- *Itching, dry skin*
- *Confusion*
- *Muscle twitching*
- *Sweating*
- *Fatigue*
- *Weakness*
- *Mild headache*

A detailed list of side effects and adverse reactions will accompany your prescription when filled by the pharmacist. If you have any questions or concerns, please contact our office.

Your Opioid Prescription

Only take Opioids as they are needed based on your level of pain, not just because it was prescribed. You should take as few opioid pills as possible. Oftentimes, after several days, most patients can manage their pain with over the counter medication as directed by your physician.

When Taking Opioid Pain Medicine

- Provide our office with an accurate list of medications you are currently taking.
- Always keep track of how much and when you are taking your medicines.
- Never take or mix with alcohol, sleep aids or anti-anxiety medications.
- Never chew, crush or dissolve Opioid tablets, unless specifically instructed to do so by your health care provider.
- Do not share your prescription with anyone else.
- Dispose of unused medication immediately and properly.*

EMERGENCY WARNING

It is an emergency if someone taking Opioids is unable to arouse, has difficulty breathing or can't wake up. **CALL 911 IMMEDIATELY.**

How to Safely & Properly Store & Dispose

The theft and abuse of Opioids is a serious public health problem that has led to overdoses and death of many in our State. It is important that you store your prescription properly and dispose of any unused medication immediately.

- Protect and secure your Opioids in a safe place at all times.
- Dispose of your unused pain medication at drop boxes available at many local police stations.
- If unable to locate a drop box, mix unused pain medication with coffee grounds or kitty litter, place in a sealed plastic bag and dispose with household trash.

