

Pain Management Policy



1. Our goal is to ensure that your pain is controlled well-enough that you can perform daily functions. Your pain level will NOT be zero.
2. Our goal is to minimize the amount of pain medications that you need after surgery. Your recovery may be impaired by the negative side effects of pain medication, to include, but not limited to:
 - Greatly impaired bowel function which can cause significant constipation (which can increase your overall feelings of discomfort). This also includes nausea and vomiting.
 - Feeling sluggish, “out of it”, uncoordinated, and overly sedated, which limit your mobility.
 - Slow, shallow breathing which increases risk of lung complications such as pneumonia
 - Even short-term, limited exposure to narcotics increases an individual’s risk of addiction, especially in patients who have risk factors that predispose them to addiction.
3. Your physician will not prescribe any pain medication other than over the counter medications prior to having a procedure done.
4. If needed, pain medication will be prescribed in the post-operative area after your surgery. We do not order pain medications prior to your procedure. If you are hospitalized after your surgery, your prescription plan will be reviewed with you prior to discharge.
5. Most patients do not require a refill on pain medication after their surgery. This will be considered based on your individual needs. Generally, acetaminophen and/or ibuprofen should be used after your pain medication has been finished, as instructed by your doctor. If you require long-term pain management after surgery, you will be referred for this.
6. No requests for refills on pain medications will be honored after business hours (Monday through Thursday, 8am – 5pm, Friday 8am – 12pm). Please call the office during these hours to have your concerns addressed.
7. It is strongly advised that once you have recovered from surgery, if you have left-over pain medications, these be disposed of properly. You should turn them into a designated site for disposal of narcotics. Check with your local pharmacy or police department for guidance, or try the DEA Controlled Substance Disposal Locator Site, apps.deadiversion.usdoj.gov/pubdispsearch. It is NOT recommend that you dispose of these in the garbage or flush them down the toilet. It is known that persons suffering from addiction will often turn the cabinets of friends and family to look for medication to use.
8. If you are under the care of pain management specialists, additional prescriptions for pain medications will **NOT** be provided. You will need to discuss your pain management plan in regards to surgery with your specialist.
9. We are not allowed to “call in” or hand write prescriptions for pain medications. These must be sent electronically to your pharmacy (this is the need for prescriptions only being sent during office hours)

I understand and agree to the following:

- I will candidly provide my physician with a complete and accurate treatment and medication history, including past medical records, past pain treatment, psychiatric history, and alcohol and other drug addiction history.
- I will take my medication as directed by my physician and will not horde, sell or share my medication.
- I will not use alcohol or other drugs while using prescription pain medication.
- I will only obtain pain medication from one physician.
- I understand that if my narcotic medication should be lost, destroyed, stolen, etc., my physician will **not** provide a new prescription.

I have read, understand and agree to abide by this policy. By refusing to sign this consent, I understand that I will not receive pain medication from Sonoran Sky Surgical, PLC.

Patient/Guardian Signature: _____ Date: _____

Patient Name: _____ Date of Birth: _____