

Multimodal Pain Management Protocol

1. Preoperative
 - a. Celebrex 400 mg or Mobic 15 mg p.o.
 - b. Scopolamine Patch
 - c. Lyrica 150 mg p.o.
 - d. Oxycontin 20 mg p.o.
 - e. Zofran 4 mg IV
 - f. Dexamethasone 4 mg IV
 - g. Tylenol 1000mg IV

2. Intraoperative
 - a. Spinal anesthetic
 - b. Local subcutaneous wound injection with Bupivacaine 0.5 percent (30ml), Toradol 30 mg
 - c. Separate injection with 1 vial (20ml) Exparel (bupivacaine liposome injectable suspension 1.3%) diluted 1:3 with NS
 - d. Platelet Concentrate with recombinant thrombin

3. Postoperative in Hospital
 - a. Oxycontin 10-20 mg p.o q12 hours postop (10mg if older than 65 or less than 70kg) (for preop narcotic habituated patients add half of their equivalent preop dose to this regimen)
 - b. Celebrex 400 mg po b.i.d. or Mobic 7.5 mg po bid
 - c. Tylenol 1000 mg IV q6 hours for 3 doses, then oral Tylenol 650 mg p.o q6h
 - d. Nucynta 50-100 mg p.o. q3h prn
 - e. Ice Machine, intermittent use
 - f. Lyrica 150 mg po b.i.d. (if SBP > 120)
 - g. Morphine SQ/PCA pump, as back up, break-through pain medication protocol.

4. Postoperative after Discharge
 - a. Oxycontin 10-20 mg p.o. bid for 3-5 days
 - b. Nucynta 50-100 mg p.o. q3 h prn
 - c. Celebrex 200mg p.o. bid or Mobic 7.5mg po bid for 2 weeks
 - d. Tylenol 500 mg po qid for 2 weeks

5. Adjunctive Measures
 - a. 24 -hour pulse oximeter and cardiac monitoring for inpatients.
 - b. Remove foley catheter after sensation returns to feet.
 - c. Zofran, Reglan, Dexamethasone prn nausea, vomiting.
 - d. No Phenergan or additional Toradol.