

TIPS FOR SAFE OPIOID PRESCRIBING AFTER SURGERY

1. REVIEW

Review safe and effective prescribing amounts and durations for common surgeries and procedures.

See the table at the right for examples. →

2. DISCUSS

Discuss these recommendations with your medical staff, and develop standards for your practice or department.

3. SHARE

Share these standards with your whole team, including nurses, medical assistants, and office staff, so everyone is on the same page.

4. FOLLOW

Continue to follow Vermont's rules for prescribing opioids, including discussing the **benefits and risks of opioids**, especially side effects and interactions with other medications.

5. REMIND

Remind patients to store their opioid prescriptions safely, ideally in a locked box or drawer, and to dispose of leftover pills at an approved location.

CALL 2-1-1 PATIENTS CAN CALL 2-1-1 TO FIND A PRESCRIPTION DISPOSAL LOCATION NEAR THEM

TYPICAL OPIOID PRESCRIPTIONS FOR COMMON SURGERIES IN MMEs (Morphine Milligram Equivalent)

Procedure	Proportion with an opioid prescribed	MME prescribed, median
Appendectomy (laparoscopic)	78%	64
Cholecystectomy (laparoscopic)	85%	64
Hernia (inguinal, ventral, incisional)	95%	64
Mastectomy, partial	65%	40
Knee Arthroscopy	97%	68
Hip Arthroplasty	88%	375



We've created a patient education video on taking opioids safely after surgery.

ASK EVERY PATIENT TO WATCH THE VIDEO BEFORE THEIR PROCEDURE AT:
WWW.VTAD.ORG

FOR MORE INFORMATION AND LATEST RESEARCH ON OPIOID PRESCRIBING TRENDS IN VERMONT, VISIT WWW.VTAD.ORG



The University of Vermont
LARNER COLLEGE OF MEDICINE
OFFICE OF PRIMARY CARE & AHCC PROGRAM