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| **Recommended Post-Procedural Acute Pain Management Treatment Plan** |
| **Pain Level** | **Number of Tablets Per Discharge Prescription** |  |
| **Oxycodone 5mg IR** | **Hydrocodone/APAP 5/325mg** | **Tizanidine 2mg** | **Acetaminophen 500mg** | **Ibuprofen 600mg** | **Maximum MME Recommended** |
| **Level 1:****Mild**  | ALTERNATIVEOne-half to one tablet by mouth twice daily x 7 days; then 1 tablet by mouth once daily x 7 days if needed for painTotal Quantity Recommended: 14 | **PREFERRED**1 tablet by mouth twice daily x 7 days; then 1 tablet by mouth once daily x 7 days if needed for painTotal Quantity Recommended: 20 | OPTIONAL1 tablet by mouth twice daily for pain/ muscle relaxer.Total Quantity: 28 | **SCHEDULED**1 tablet by mouth every 6 hours for pain x 14 days. Alternate with IbuprofenTotal Quantity: 42 | **SCHEDULED**1 tablet by mouth every 6 hours for pain x 14 days. Alternate with Acetaminophen.Total Quantity: 42 | **105 MME** |
| **Level 2:****Moderate**  | **PREFERRED**One-half to one tablet by mouth twice daily x 7 days; then 1 tablet by mouth once daily x 7 days if needed for painTotal Quantity Recommended: 26  | ALTERNATIVE1 tablet by mouth twice daily x 7 days; then 1 tablet by mouth once daily x 7 days if needed for painTotal Quantity Recommended: 40  | OPTIONAL1 tablet by mouth twice daily for pain/ muscle relaxer.Total Quantity: 28  | **SCHEDULED**1 tablet by mouth every 3 hours for pain x 14 days. Alternate with IbuprofenTotal Quantity: 42 | **SCHEDULED**1 tablet by mouth every 3 hours for pain x 14 days. Alternate with Acetaminophen.Total Quantity: 42 | **200 MME** |
| **Level 3:****Moderate**  | **PREFERRED**1 to 2 tablets by mouth twice daily x 7 days; then 1 tablet by mouth once daily x 7 days if needed for pain Total Quantity Recommended: 28  | ALTERNATIVE1-2 tablets by mouth twice daily x 7 days; then 1 tablet by mouth once daily x 7 days if needed for painTotal Quantity Recommended: 42 | **SCHEDULED**1 tablet by mouth twice daily for pain/ muscle relaxer.Total Quantity: 28 | **SCHEDULED**1 tablet by mouth every 3 hours for pain x 14 days. Alternate with IbuprofenTotal Quantity: 42 | **SCHEDULED**1 tablet by mouth every 3 hours for pain x 14 days. Alternate with Acetaminophen.Total Quantity: 42 | **210 MME** |
| **Level 4:****Severe**  | **PREFERRED**1 to 2 tablets by mouth three times daily x 7 days; then 1 tablet by mouth once daily x 7 days if needed for painTotal Quantity Recommended: 42 | ALTERNATIVE1 to 2 tablets by mouth three times daily x 7 days; then 1 tablet by mouth once daily x 7 days if needed for painTotal Quantity Recommended: 50 | **SCHEDULED**1 tablet by mouth twice daily for pain/ muscle relaxer.Total Quantity: 28 | **SCHEDULED**1 tablet by mouth every 3 hours for pain x 14 days. Alternate with IbuprofenTotal Quantity: 42 | **SCHEDULED**1 tablet by mouth every 3 hours for pain x 14 days. Alternate with Acetaminophen.Total Quantity: 42 | **315 MME** |
| **Pain Level Examples:*** Level 1- Mild Pain: Acute fracture, radiculopathy, carpal tunnel
* Level 2- Moderate Pain: Knee scope, ACL or thumb reconstruction, MTP fusion
* Level 3- Moderate Pain: Ankle or wrist open reduction and internal fixation, shoulder scope, minor spine surgery
* Level 4- Severe Pain: Total hip, knee, or shoulder arthroplasty, major spine surgery
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**Notes:**

***\**** *MME= Morphine Milligram Equivalency*

***\*\**** *Maximum number of tablets per discharge prescription is shown above in order to stay within the maximum recommended MME per category.*

***\*\*\*Reference: Mayo Clinic Departments of Surgery and Orthopedic Surgery Adult Opioid Prescription Guidelines 2019***