

# Surgical Opioid Guidelines

We convened a multidisciplinary consortium of physicians, nurses, pharmacists, and patients to develop ideal opioid prescribing patterns after common medical procedures utilizing a modified Delphi approach. Best prescribing practices are listed for post-surgical narcotic naive patients at discharge.

Procedure	Start with this*	If needed, maximum Oxycodone 5 mg pills recommended
Laparoscopic cholecystectomy	Acetaminophen and/or Ibuprofen	10 Tablets
Laparoscopic inguinal hernia repair, unilateral	Acetaminophen and/or Ibuprofen	12 Tablets
Open inguinal hernia repair, unilateral	Acetaminophen and/or Ibuprofen	10 Tablets
Open umbilical hernia repair	Acetaminophen and/or Ibuprofen	14 Tablets
Arthroscopic partial meniscectomy	Acetaminophen and/or Ibuprofen	8 Tablets
Arthroscopic ACL or PCL repair	Acetaminophen and/or Ibuprofen	20 Tablets
Arthroscopic rotator cuff repair	Acetaminophen and/or Ibuprofen	20 Tablets
ORIF of the Ankle	Acetaminophen and/or Ibuprofen	20 Tablets
Hysterectomy, Open	Acetaminophen and/or Ibuprofen	15 Tablets
Hysterectomy, Minimally-Invasive	Acetaminophen and/or Ibuprofen	10 Tablets
Uncomplicated Cesarean section	Acetaminophen and/or Ibuprofen	10 Tablets
Uncomplicated labor and delivery	Acetaminophen and/or Ibuprofen	5 Tablets
Prostatectomy robotic retro pubic	Acetaminophen and/or Ibuprofen	10 Tablets
Lumpectomy	Acetaminophen and/or Ibuprofen	10 Tablets
Lumpectomy with Sentinel Node Biopsy	Acetaminophen and/or Ibuprofen	12 Tablets
VATS (video Assisted Thoracotomy)	Acetaminophen and/or Ibuprofen	12 Tablets
Thyroidectomy, partial or total	Acetaminophen and/or Ibuprofen	10 Tablets
Cochlear implant	Acetaminophen and/or Ibuprofen	0 Tablets
Coronary artery bypass grafting (CABG)	Acetaminophen and/or Ibuprofen	30 Tablets
Cardiac catheterization	Acetaminophen and/or Ibuprofen	0 Tablets
Microdiscectomy (one level)	Acetaminophen and/or Ibuprofen	12 Tablets

\*Acetaminophen 1g PO 8 hours, Ibuprofen 400mg PO 8 hours (unless contraindicated)