

Dr. Day's Multi-Modal Pain Control Protocol

Controlling post-operative pain is a high priority for me. I also want to minimize your exposure to opioid medications due to the potential for side effects and to reduce the amount of opioids in our community. Below is a plan for controlling your post-op pain using a variety of methods. In order to use a CBD (cannabidiol) that is THC-free, pesticide-free, non-GMO and third-party tested, I recommend Corganics Clinical CBD products.

Expect some pain after surgery, but it should be tolerable. I've found this protocol to be effective, but we are here for you if you need to have your regimen adjusted!

BEFORE SURGERY

- **Corganics Clinical CBD 25 mg Nano Softgels** once daily before bed starting one week prior to surgery
- Discontinue NSAIDs one week prior to surgery
- **1 g acetaminophen** in preoperative holding area
- Pre-operative physical therapy for all ACL reconstructions

DURING SURGERY

- Anesthesia will be administered to an appropriate level as determined by your anesthesiologist
- Regional nerve block or spinal when applicable
- Local injection when appropriate

AFTER SURGERY

- **Cold therapy:** Use ice or cold machine early and often!
- **Physical therapy:** it's counter-intuitive, but go to PT, your pain will be less
- **Stim units (EMSI):** These are used for ACL and rotator cuff surgery to stimulate muscle and decrease pain
- **Corganics Clinical CBD 25 mg Nano Softgels** twice daily



PAIN MEDICATIONS

- All pain medications are optional, though it is recommended to start Corganics CBD, NSAIDs and Tylenol right away and use continuously early on.
- If you had a nerve block, start taking medication as soon as you feel your nerve block wearing off

- CBD (THC-free)

- **Corganics Topical CBD cream**, as need around surgical site, but not on incision

- **Corganics Clinical CBD 25 mg Nano Softgels** twice daily

CBD can be obtained by this method:

- **Corganics Clinical CBD Drops** (45 mg per serving) as needed for pain during day

Go to www.corganics.com

1. Click My Account, Create Account, "yes I have a code"
2. Enter code ALLDAYSPORTS
3. Select products and check out

Acetaminophen (Tylenol): 1 g by mouth every 6 hours for 3 days

NSAIDs: **Ketorolac** (Toradol): 10 mg by mouth every 6 hours, start 12 hours after surgery and continue for 48 hours, then switch to **naproxen** (Aleve) 500 mg by mouth every 12 hours

Nerve medication: **Gabapentin** (Neurontin): 300 mg at bedtime as needed for pain

Opioid medication: **Oxycodone**: 5 mg tab, 1-2 tabs by mouth every 4-6 hours as needed for breakthrough pain.

(CAUTION WITH THIS ONE: IT CAN HAVE SEDATING AND HABIT-FORMING SIDE-EFFECTS)

Anti-nausea medication (especially if taking oxycodone):

Ondansetron: 4 mg PO every 4-6 as needed for nausea, dispense #10

- 1 Opioids are not routinely used after ACL reconstruction
- 2 No routine refills will be given and no telephone refills will be given unless specifically discussed at most recent appointment
- 3 If you are having enough pain to need a refill of opioid medication, we want to examine you in the office to determine why your pain regimen isn't working and what needs to be done. Please call for an appointment if you anticipate needing a refill.
- 4 Opioids will not be prescribed outside of the six weeks immediately following a surgery.

Prescription opioids can be addictive and dangerous.

It only takes a little to lose a lot.




[cdc.gov/RxAwareness](https://www.cdc.gov/RxAwareness)

CB1

AREAS IMPACTED BY CB1 RECEPTORS

- Inflammation
- Stress response
- Blood pressure
- Mood
- Memory

CB2

AREAS IMPACTED BY CB2 RECEPTORS

- Inflammation
- Immune system
- Bone and skin health
- Cardiovascular system
- Liver and kidney function

