



Acute Pain Management

Use of narcotic pain medication can produce dangerous side effects and potentially cause addiction if used for extended periods of time. Narcotic pain medications are used in this clinic for treatment of acute or short-term pain such as the pain experienced after an injury or surgery. The amount of narcotics taken for any condition will be limited in order to prevent the body from building up a tolerance to the medications. The physician gives up to a week's supply at a time, when you are in need of a refill call 801.295.7200 ext. 177 to put in that request. Your physician will prescribe enough medication to last through a weekend or holiday so refills can be given during normal office hours. If you require pain medications for longer than 9 weeks post-op, you will be referred to a pain management clinic.

If you are receiving pain medications from multiple doctors, we will discontinue prescribing pain medications for you and may dismiss you from our practice. If pain medications are used up at a faster rate than they have been prescribed, no more refills will be given until the prescription time has elapsed.

You are encouraged to use non-narcotic pain medications such as *Ibuprofen, Tylenol, other *anti-inflammatory or analgesic medications. It is important to remember that other techniques may be used in place of narcotics for symptoms and control such as ice/heat, elevation, massage, deep breathing and relaxation techniques, and over-the-counter medications such as Extra Strength Tylenol, etc. You should check with your physician prior to starting any over-the-counter medications.

If any side effects from the prescriptions occur, the patient should notify his or her physician. Medication refill requests must be faxed from your pharmacy before 3:00 Pm Monday-Thursday and before 10:00 AM Friday. Some medications (Percocet, Oxycodone, Norco, Hydrocodone) require a written prescription and can't be called into the pharmacy. Prescriptions for these medications will only be filled when we are in the office. We require a minimum of 48 business hours to refill all medications.

* If you have had any bony work done please refrain from using Ibuprofen until you reach 4 weeks from the surgery date.

