

# Pain Management After Spinal Surgery

After surgery, it is normal for your child to feel some pain or discomfort. Our goal is to help you manage your child's pain safely. This will help your child sleep better and recover faster.

- **At home, on days 1, 2 and 3 after surgery**, give your child oxycodone **ER (extended release)**, also known as OxyContin®, at 8:00 am and 8:00 pm. This is a strong pain medicine and can cause drowsiness and constipation.
- On days 4-8 at home, only give oxycodone ER at 8:00 am.
- On days 4-8 you may also give oxycodone **rapid release, every 4 hours as needed for pain, starting at 2:00 pm.**
- Your child may be given a muscle relaxer called methocarbamol (Robaxin®) to help with back spasms. They may take this every 6 hours as needed.
- To help the other pain medications work better, you may give your child ibuprofen (Advil®, Motrin®) and acetaminophen (Tylenol) **in alternating doses every 3 hours as needed. You may start this on day 1 at home.**

## Sample schedule

- 9 AM: Tylenol
- 12 PM: ibuprofen
- 3 PM: Tylenol
- 6 PM: ibuprofen
- 9 PM: Tylenol
- 12 AM: ibuprofen
- 3 AM: Tylenol
- 6 AM: ibuprofen

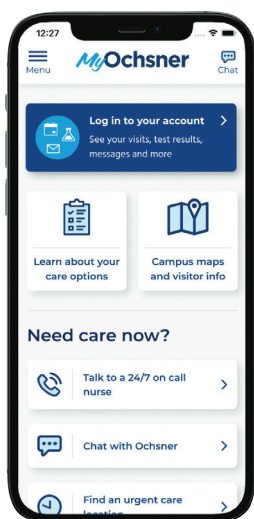


Walking will help with pain and muscle spasms. Every day should get easier.



Call us at 504-487-3890 if you have questions, problems or concerns.

## Online Resources



To learn more about surgery for scoliosis, log in to your MyOchsner account and check the Health Reference Library.

If you do not have a MyOchsner account, visit [www.ochsner.org/my-ochsner](http://www.ochsner.org/my-ochsner) to sign up or ask a member of your care team to help you create one. You can download the MyOchsner app from Apple App Store or Google Play.

+ See the back of this sheet for opioid safety information.



1-866-OCHSNER | [ochsner.org](http://ochsner.org)

## How to use opioids safely

- **Take as directed.** Your child's physician and pharmacist will give you specific instructions for this prescription. Follow these instructions.
- **Keep it to yourself.** This prescription is only for your child. Sharing prescriptions is illegal and can put others in danger.
- **Ask about your child's other prescriptions.** Some medications should not be taken at the same time as opioids because they can slow or stop breathing. Talk to your child's physician or pharmacist about benzodiazepines (such as Ativan, Xanax, Valium), seizure medications, muscle relaxers, or psychiatric drugs.
- **Talk to your child's provider about other health conditions.** Tell us if your child has a history of sleep apnea or mental health conditions.

## How to store opioids safely

- **Keep it in the original container.** Don't transfer the prescription to another bottle or package. This way you will always know exactly what is in the container and who it is for.
- **Keep it where children can't see or reach it.** The safest place to store prescription pain medication is in a locked cabinet or on a high shelf.

## How to dispose of opioids safely

- **Discard properly when done.** Immediately after your child's pain is gone, dispose of any unused prescription pain medication.
  - Contact your local law enforcement agency or pharmacist to find a drug "take back" or disposal location near you. You can also find a location at [www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-drug-take-back-locations](http://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-drug-take-back-locations).
  - If there is no take back or disposal location near you, check the FDA's Flush List. This is a list of drugs that CAN be flushed down the toilet [www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-fdas-flush-list-certain-medicines#FlushList](http://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-fdas-flush-list-certain-medicines#FlushList)
  - If your child's medication is not on the FDA Flush List, you can put it in the trash. To do so, remove the medication from its container and combine it with something unpleasant such as used coffee grounds or kitty litter. Place this mixture in a sealable bag in the garbage so it cannot leak or break out. Scratch out all personal information on the original container and throw it away or recycle it.

## Know the risks

- **If not used correctly**, prescription pain medications can be just as dangerous as illegal drugs. **Misuse can have serious consequences** including dependence, addiction, overdose, even death.
- **Get medical attention for your child immediately** if
  - Your child has taken their medication incorrectly and they have
    - Overall low energy
    - Nausea and/or vomiting
    - Physical weakness
    - Trouble breathing
  - Your child has taken more medication than your prescription instructs

## How Ochsner providers prescribe opioids

We have strict policies to ensure your safety and the safety of those around you.

1. Some opioid prescriptions cannot be refilled through a pharmacy. We may ask you to make a clinic appointment before your child's prescription is refilled. That way we can help manage their pain and avoid misuse of opioids.
2. We will only consider refills three days (or less) before the end of your child's medication regimen. Be sure to give your child's medication as their provider directs.
3. We do not mail or ship prescription pain medication. Opioids must be picked up in person.

Ochsner does not prescribe medical marijuana, CBD or THC products at this time.