

Consensus Statement for the Prescription of Pain Medication at Discharge after Elective Adult Surgery

Examples of surgical procedures and their expected recovery times

	Expected Rapid Recovery	Expected Moderate Recovery	Expected Long-Term Recovery
Definition	<i>Patient resumes most normal activities within 2 weeks from surgery</i>	<i>Patient resumes most normal activities within 4 weeks from surgery</i>	<i>Patient resumes most normal activities after 4+ weeks from surgery</i>
# of opioid containing tablets	0-3 days; Maximum 12 tablets	7 days; Maximum 30 tablets	14 days; Maximum 60 tablets; split prescription (see Appendix A)
Breast Procedures	<ul style="list-style-type: none"> • Breast biopsy • Lumpectomy (with or without sentinel lymph node biopsy) • Sentinel lymph node biopsy • Simple mastectomy (with or without sentinel lymph node biopsy) 	<ul style="list-style-type: none"> • Mastectomy with reconstruction • Modified radical mastectomy • Axillary lymph node dissection 	
Cardiac Procedures	<ul style="list-style-type: none"> • Cardiac catheterization 	<ul style="list-style-type: none"> • CABG 	
General Surgery Procedures	<ul style="list-style-type: none"> • Cholecystectomy • Appendectomy • Inguinal/femoral hernia repair (open/laparoscopic) • Umbilical hernia repair (open) • Ileostomy/colostomy Ccreation (lap) • Colon or rectal resection (lap) 	<ul style="list-style-type: none"> • Ileostomy/colostomy creation (open) • Incisional hernia repair (lap or open) • Small bowel resection or enterolysis Open) • Low anterior resection (lap or open) • Colon or rectal resection (open) • APR 	<ul style="list-style-type: none"> • Component separation and incisional hernia repair
Gynecological Procedures	<ul style="list-style-type: none"> • Uncomplicated Cesarean section • Uncomplicated labor and delivery 	<ul style="list-style-type: none"> • Vaginal hysterectomy • Abdominal/open hysterectomy • Laparoscopic & Robotic hysterectomy 	
Neurosurgery and Spine Procedures	<ul style="list-style-type: none"> • Microdiscectomy (one level) 	<ul style="list-style-type: none"> • Discectomy (open/multilevel) • Laminectomy • Craniotomy 	<ul style="list-style-type: none"> • Lumbar fusion, major spine procedure
Orthopaedic Procedures	<ul style="list-style-type: none"> • Arthroscopic partial meniscectomy • Carpal tunnel release • Acute fracture (closed reduction, no surgery) • Minor fracture ORIF (e.g. wrist, ankle, foot, patella, olecranon) • Arthroscopic shoulder decompression 	<ul style="list-style-type: none"> • Arthroscopic ACL/PCL reconstruction • Arthroscopic or mini open rotator cuff repair • Thumb reconstruction • MTP fusion • Major fracture ORIF (e.g. humerus, tibia, tibial plateau, pilon, femur) • Hip fracture (ORIF or arthroplasty) • Total hip arthroplasty 	<ul style="list-style-type: none"> • Total knee arthroplasty • Osteotomies • Revision surgeries for fracture non-union • Repair/reconstruction of multiligament knee injuries

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		<ul style="list-style-type: none"> • Total shoulder or elbow arthroplasty • Total ankle arthroplasty • Amputation 	
Otolaryngology (ENT) Procedures	<ul style="list-style-type: none"> • Thyroidectomy, tonsillectomy • Cochlear Implant 		<ul style="list-style-type: none"> • Partial or complete neck dissection
Thoracic Procedures	<ul style="list-style-type: none"> • VATS (video Assisted surgery-lobectomy/wedge resection, thymectomy) 	<ul style="list-style-type: none"> • Thoracotomy 	<ul style="list-style-type: none"> • Esophagectomy
Urological Procedures	<ul style="list-style-type: none"> • Robotic retro pubic prostatectomy • Vasectomy • Transurethral resection of bladder tumor • Ureteral stent placement • Ureteroscopic stone extraction 	<ul style="list-style-type: none"> • Robotic-assisted laparoscopic radical prostatectomy • Robotic assisted laparoscopic partial nephrectomy • Percutaneous nephrectomy • Inflatable penile prosthesis/ Malleable penile prosthesis placement 	<ul style="list-style-type: none"> • Open partial nephrectomy • Open cystoprostatectomy with ileal conduit
Vascular Procedures	<ul style="list-style-type: none"> • Endovascular Thoracic/Aortic Aneurysm Repair (EVAR/ TEVAR) • Upper Extremity Dialysis Access Creation • Carotid Endarterectomy 	<ul style="list-style-type: none"> • Infrainguinal bypass • Hybrid infrainguinal revascularization • Thoracic Outlet Decompression • Advanced Endovascular Aortic Aneurysm Repair (fEVAR, P-Branch) 	<ul style="list-style-type: none"> • Open Aortic Aneurysm Repair • Open Thoraco-Abdominal Aneurysm Repair • Aorto/Thoraco – Femoral Bypass