

# Opioid Free Pain Options by Indication at Discharge

## *Headache*

### **ACUTE ATTACKS:**

- Sumatriptan 100 mg
- Acetaminophen/Aspirin/Caffeine
- Acetaminophen 1000 mg every 6 hours
- DHE 2 mg nasal spray
- Naproxen 500-550 mg twice daily
- Metoclopramide 10 mg every 6 hours
- Ibuprofen 600 mg PO every 6 hours

### **PREVENTION:**

- Propranolol 40 mg twice daily
- Divalproex DR 250 mg twice daily OR ER 500 mg daily
- Topiramate 25 mg at bedtime
- Magnesium supplementation 600 mg daily

## *Sore Throat*

- Ibuprofen 600 mg every 6 hours
- Acetaminophen 1000 mg every 6 hours
- Dexamethasone 10 mg once
- Viscous Lidocaine

## *Fibromyalgia*

- Cardiovascular Exercise
- Strength Training
- Massage Therapy
- Amitriptyline 10 mg at Bedtime
- Cyclobenzaprine 10 mg every 8 hours
- Pregabalin 75 mg twice daily

## *Simple Sprains*

- Immobilization
- Ice
- Ibuprofen 600 mg every 6 hours
- Acetaminophen 1000 mg every 6 hours
- Diclofenac 1.3% patch TD twice daily
- Diclofenac 1% gel 4 g four times daily PRN

## *Uncomplicated Neck Pain*

- Acetaminophen 1000 mg every 6 hours
- Ibuprofen 600 mg every 6 hours
- Cyclobenzaprine 5 mg every 8 hours
- Physical therapy
- Lidocaine 5% patch Q12 hours

## *Uncomplicated Back Pain*

- Acetaminophen 1000 mg every 6 hours
- Ibuprofen 600 mg every 6 hours
- Lidocaine 5% patch Q12 hours
- Diclofenac 1.3% patch TD twice daily
- Diclofenac 1% gel 4 g four times daily PRN
- Cyclobenzaprine 5 mg PO three times daily
- Heat
- Physical therapy
- Exercise program

## *Contusions*

- Compression
- Ice
- Ibuprofen 600 mg every 6 hours
- Acetaminophen 1000 mg every 6 hours
- Lidoderm 5% patch

## *Non-Traumatic Tooth Pain*

- Ibuprofen 600 mg every 6 hours AND
- Acetaminophen 1000 mg every 6 hours (clove oil, other topical anesthetics)
- Viscous Lidocaine topically

## *Osteoarthritis*

- Diclofenac 50 mg every 8 hours
- Naproxen 500 mg twice daily
- Celecoxib 200 mg daily
- Diclofenac 1.3% patch TD twice daily
- Diclofenac 1% gel 4 g four times daily PRN (topical NSAIDs, capsaicin)

## *Undifferentiated Abdominal Pain*

- Dicyclomine 20 mg every 6 hours
- Acetaminophen 1000 mg every 6 hours
- Metoclopramide 10 mg every 6 hours
- Prochlorperazine 10 mg every 6 hours

## *Neuropathic Pain*

- Gabapentin 300mg every 8 hours
- Amitriptyline 25 mg at bedtime
- Pregabalin 75 mg twice daily