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Pain-Management Schedule

- Extra Strength Tylenol (500 mg):
 - May be used for “breakthrough” pain
 - Breakthrough Pain: pain that occurs between regularly scheduled doses of medication
 - 1-2 tablets may be taken (1 tablet = 500mg / 2 tablets = 1,000mg)
 - **Do not exceed more than 3,000mg** (*no more than 6 tablets within a 24 hours period*)

- Pain Medication:
(Example: Percocet/Hydrocodone w/Acetaminophen)

- Typically 10 mg/325mg
- Take w/food during day to avoid nausea
- Take w/laxative to avoid constipation

Sample Percocet Regimen:

8:00 AM: 1 tablet
12:00 PM: ½ tablet
7:00 PM: ½ tablet
12:00 AM: 1 tablet

- Muscle Relaxant:
(Example: Valium/Diazepam)

- Non-constipating
- Non-nauseagenic
- May result in excess sedation

Sample Valium Regimen:

6:00 AM: 1 tablet= 10 mg
11:00 AM: ½ tablet= 5 mg
6:00 PM: ½ tablet= 5 mg
11:00PM: 1 tablet= 10mg

I am to use caution if I miss or change a dose, feel ill, or start new medications.

The potential for accidental drug overdose has been explained.

Narcan (naloxone) Nasal Spray:

- **FDA-approved emergency treatment for suspected opioid overdose**
- **Prescriber mandate effective 01/2019**

I have viewed the Narcan informational video.

I have been made aware of the signs of overdose (slowed breathing / stop breathing).

A handout has been provided to me as part of my surgical packet explaining how to administer Narcan Nasal Spray in the event of an opioid emergency.

Patient Signature: _____ Date: _____

Patient Name: _____ Witness: _____