

**Johns Hopkins Opioid Guidelines**

<https://www.solvehcrisis.org/best-practices>

We convened a multidisciplinary consortium of Johns Hopkins physicians, nurses, pharmacists, and patients to develop ideal opioid prescribing patterns after common medical procedures utilizing a modified Delphi approach. Best prescribing practices are listed for post-surgical narcotic naive patients at discharge.

<b>Procedure</b>	<b>Start with this: Acetaminophen 1g PO 8 hours, Ibuprofen 400mg PO 8 hours (unless contraindicated)</b>	<b>If Needed, Opioid Pills Recommended at Discharge*</b>
Laparoscopic cholecystectomy	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	10 Tablets**
Laparoscopic inguinal hernia repair, unilateral	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	12 Tablets
Open inguinal hernia repair, unilateral	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	10 Tablets
Open umbilical hernia repair	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	14 Tablets
Arthroscopic partial meniscectomy	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	12 Tablets
Arthroscopic ACL or PCL repair	Acetaminophen** and/or Ibuprofen (NSAIDs) OR Tramadol	20 Tablets
Arthroscopic rotator cuff repair	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	30 Tablets
ORIF of the Ankle	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	20 Tablets
Hysterectomy, Open	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	20 Tablets
Hysterectomy, Minimally-Invasive	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	12 Tablets
Uncomplicated Cesarean section	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	10 Tablets
Uncomplicated labor and delivery	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	0 Tablets
Prostatectomy robotic retro pubic	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	10 Tablets
Lumpectomy	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	10 Tablets
Lumpectomy with Sentinel Node Biopsy	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	12 Tablets
VATS (video Assisted Thoracotomy)	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	20 Tablets
Thyroidectomy, partial or total	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	15 Tablets
Cochlear implant	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	0 Tablets
Coronary artery bypass grafting (CABG)	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	30 Tablets
Cardiac catheterization	Acetaminophen and/or Ibuprofen (NSAIDs) OR Tramadol	0 Tablets

\*While the type of opioid and amount should be individualized to each patient factoring the extent of surgery, patient goals, and clinician recommendation, the pills listed are presented as oxycodone 5mg pill equivalent.

\*\*Oxycodone 5 mg tablet by mouth every 6 to 8 hours for the first 2 days as needed for pain, and then if severe pain persists then may continue taking one tablet every 12 hours for an additional few days.