

**Mayo Clinic Minute: Limiting opioids for postoperative pain management**

Video	Audio
<b>Kelechi Okoroha, M.D.</b> <b>Orthopedic Surgery</b> <b>Mayo Clinic</b>	"Us orthopedic surgeons and spine surgeons, we account for about 30% of opioid prescriptions. So we know we can have a huge impact on decreasing that opioid-related deaths by limiting our opioid prescriptions."
	Orthopedic Surgeon Dr. Kelechi Okoroha says one way Mayo Clinic is working to limit opioids is offering patients alternative options to traditional postoperative pain management.
	"It's a multimodal approach. We do stuff before surgery, we might give you a nerve block, and then we give you these multiple medications after surgery that should manage your pain."
	Medications, such as acetaminophen to target pain, NSAIDs (nonsteroidal anti-inflammatory drugs) to target postoperative inflammation, and muscle relaxants to control muscle cramps and spasms.
	"What we've found is that using this multimodal approach, we're able to manage patients' pain with limited or no opioid use after common sports surgeries."
	Dr. Okoroha has been involved in research on taking this approach, and the results have been promising.
	"What we've found is that this regimen is at least as effective, if not more effective, in managing (postoperative) pain, compared to traditional opioid regimens."
	"I think this is really game-changing research. I think we've found that it is effective in the four most common sports surgeries. And so our plan is to implement it in other surgeries and hopefully decrease the opioid burden worldwide."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.