

Opioid Alternatives at Discharge

Headache¹²:

For acute attacks:

Sumatriptan 100 mg
Acetaminophen/Aspirin/Caffeine (Excedrin Migraine)
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

For prevention:

Propranolol 40 mg BID
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^{3,4}:

Cardiovascular exercise
Strength training
Massage therapy
Amitriptyline 10 mg at bedtime
Cyclobenzaprine 10 mg every 8 hours
Pregabalin 75 mg twice daily

Uncomplicated neck pain⁵:

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^{6,7}:

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

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

(*need more*)⁸

Contusions⁹:

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

Non-traumatic tooth pain¹⁰:

Ibuprofen 600 mg every 6 hours AND
Acetaminophen 1000 mg every 6 hours
(*clove oil, other topical anesthetics?*)

Osteoarthritis¹¹:

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
Ibuprofen 600 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 at bedtime
Amitriptyline 25 mg at bedtime
Pregabalin 75 mg twice daily

-
- ¹ Marmura MJ, Silberstein SD, Schwedt TJ. The acute treatment of migraine in adults: the american headache society evidence assessment of migraine pharmacotherapies. *Headache*. 2015 Jan;55(1):3-20.
- ² Matchar DB et. al. Evidence-Based Guidelines for Migraine Headaches in the Primary Care Setting: Pharmacological Management of Acute Attacks. *American Academy of Neurology*.
- ³ Chinn S, Caldwell W, Gritsenko K. Fibromyalgia pathogenesis and treatment options update. *Curr Pain Headache Rep*. 2016; 20-25.
- ⁴ Goldenberg DL, Burckhardt C, Crofford L. Management of fibromyalgia syndrome. *JAMA*. 2004 Nov 17;292(19):2388-95.
- ⁵ Schnitzer, TJ. *Update on guidelines for the treatment of chronic musculoskeletal pain*. 25 (Suppl 1), *Clin Rheumatol*. 2006;25 Suppl 1:S22-9
- ⁶ McIntosh G, Hall H. Low back pain (acute). *Clin Evid (Online)*. 2011;05:1102.
- ⁷ Hayden JA, van Tulder MW, Malmivaara A, Koes BW. Exercise therapy for treatment of non-specific low back pain. *Cochrane Database Syst Rev*. 2005;(3).
- ⁸ Derry S, Moore RA, Gaskell H, McIntyre M, Wiffen PJ. Topical NSAIDs for acute musculoskeletal pain in adults. *Cochrane Database Syst Rev*. 2015.
- ⁹ Jones P, Dalziel SR, Lamdin R, Miles-Chan JL, Frampton C. Oral non-steroidal anti-inflammatory drugs versus other oral analgesic agents for acute soft tissue injury. *Cochrane Database Syst Rev*. 2015 Jul 1.
- ¹⁰ Moore PA, Hersh EV. Combining ibuprofen and acetaminophen for acute pain management after third-molar extractions. *JADA*. 2013; 898-908.
- ¹¹ da Costa, Bruno R et al. Effectiveness of non-steroidal anti-inflammatory drugs for the treatment of pain in knee and hip osteoarthritis: a network meta-analysis *The Lancet*. 2016. 2093-2105.