



**PLEASE ALLOW
48 HOURS OR
2 BUSINESS
DAYS FOR
PROCESSING**



PRESCRIPTION REFILLS

Federal rules and regulations govern how we can prescribe medications. Here are some tips to ensure you get your prescriptions when you need them:

- 1 PLAN AHEAD!** It may take up to 48 hours or two business days to process your refill. While we always try to answer requests promptly, it can take time to gather your information and allow your physician to review and approve the request. **Please note requests are processed Monday - Friday;** requests that come in after 12 noon on Friday may not be addressed until the following week.
- 2 During your appointment** be sure to ask for any prescription refills you may need.
- 3 Non-pain medications** may be filled by calling your pharmacy. If you are not scheduled for an office visit and need a refill, **call your pharmacy.** They work with us directly to get the prescription in the format required.
- 4 Options** for narcotic prescriptions:
 - a) With prior notification we will release a narcotic prescription to a designated friend or family member. The designated person will be asked to show photo ID prior to release of the prescription.
 - b) With prior notification we may mail a narcotic prescription. **Please note** Hope Orthopedics of Oregon can not guarantee successful delivery of a mailed prescription and providers reserve the right to deny replacement of a lost prescription.
 - c) If your pharmacy allows e-prescribing of narcotics we can send these electronically.
 - d) With prior notification you can hand deliver your prescription to the pharmacy by picking it up at the office prior.

Hope Orthopedics of Oregon
503.540.6300 | hopeorthopedics.com

Where Expertise and Compassion Meet

Hope Orthopedics of Oregon has joined the fight against addiction and death due to prescription narcotic misuse. According to the Centers for Disease Control and Prevention, 136 Americans die every day from an opioid overdose.

Prescription narcotics have an appropriate role in pain management immediately after a significant injury and after surgery. However, pain can also be managed with ice, elevation, splints or braces, meditation and breathing exercises, and over-the-counter pain medications. Our team wants the best possible outcome for you as you recover from your injury or surgery. Our hope is to have you restored as quickly as possible to function, with minimal reliance upon prescription medications.

Hope Orthopedics of Oregon will only prescribe narcotics for pain experienced immediately after surgery or after a severe orthopedic injury. In most cases pain medication can be discontinued 2-3 weeks after injury or surgery. We do not prescribe narcotic pain medication after 6 weeks post-surgery. For many surgeries, narcotic pain medication will be discontinued earlier. We do not prescribe narcotic pain medication prior to surgery, except in cases of serious injury.

Lost or missing prescriptions will not be refilled. Please monitor the quantity of your medication and take the smallest dose needed to effectively manage your pain. Keep in mind that after-hours we are unable to prescribe, refill, or make changes to narcotic pain medications.

Providers at Hope Orthopedics do not manage chronic pain. Ongoing pain that cannot be managed conservatively will be referred to a pain management specialist, your primary care provider, or other appropriate specialist. Clinical practice guidelines advise against prescription narcotics for ongoing chronic pain management, therefore we do not prescribe long-acting opioid medications. If you are in need of these medications they must be obtained from a provider with expertise in this area, such as a pain management specialist. If you are already being treated for chronic pain, we will request that your treating provider manage your pain for your safety.

HELPFUL INFORMATION

PROTECT YOUR FAMILY AND FRIENDS: Drugs left in the home can find their way into the hands of children and youth. Keep your family and community safe by getting rid of unused medications right away. Please take medications to your local police station for proper disposal.

PROTECT THE ENVIRONMENT: Drugs that are flushed, put down the drain or placed in the trash contaminate our environment.

SAVE LIVES: Prescription drug abuse is the fastest growing drug problem in the US and drug overdose has become the leading cause of injury deaths. If you or someone you know is struggling with prescription drug use, get help by calling Oregon's Alcohol and Drug Helpline at 800.923.4357.