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At You!



Welcome

Hoag Orthopedic Institute 2025

PeriOp Pain Management Can Opioid-free Surgery Be a Reality Soon?

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Why Opioid Free Anesthesia?

- Avoid Side Effects of Opioids
- Enhanced Recovery (ERAS)
- Shorter Hospital Stays
- Improved Outcomes
- Better Patient Satisfaction
- Reduced risk of addiction

Opioid Adverse Effects

- Nausea/Emesis
- Urinary Retention
- Constipation
- Orthostatic Hypotension
- Pulmonary - Respiratory Depression , Atelectasis
- Sedation
- Addiction Risk

Integrated Approach

- Pre-operative Hydration Protocol
- PONV
- Temperature Control - PACU goal $> 36^{\circ}\text{C}$
- Pain Management
 - Multi-modal Therapy
 - Regional Anesthesia
- Setting Expectations

Multimodal Therapy

- Ketamine (Propofol)
- NSAIDS
- Acetaminophen
- Magnesium
- Methocarbamol
- Neuroleptics: Gabapentin, Pregabalin
- TXA
- Dexmetetomidine
- Dexamethasone

Peripheral Nerve Blocks

- Single Shot - Adductor, Genicular, IPACK
- Continuous Catheters
- Exparel Experience
- Adjuncts - Dexmetetomidine

Anesthesia Techniques

- TIVA - limit inhalation - Propofol
- Intrathecal Anesthesia: Bupivacaine, Chloroprocaine, Mepivacaine
- Peripheral Nerve Blocks: Adductor Canal, Genicular, IPACK - Ropivacaine/Bupivacaine
- Adjuncts to Peripheral Nerve Blocks - Dexmedetomidine, Dexamethasone, Epinephrine
- Periarticular Block - intraoperative - Ropivacaine, Epinephrine, Ketorolac
- BIS Monitor - integrated EEG

PONV Prevention

- Ondansetron
- Scopolamine Patch
- Metoclopramide
- Aprepitant (APONVIE)
- Amisulpride (Barhemsys)
- Active Warming
- Early Hydration Protocol

Setting Exceptions

New Modalities

Cryoneurolysis

- Iliotibial Band Syndrome
- Genicular Nerve: Deep or Superficial
- Perform two weeks before surgery
- Good for Anterior and Medial Part of knee
- Posterior Pain is possibility

- Suzetrigine (Journavx)
- Bupivacaine/Meloxicam (Zenrelef)
- Radio-frequency Stimulation

Summary

- OFA is uniquely suited for Total Knee Arthroplasty
- Integrated approach.
- Answer to the question: Yes, opioid free anesthesia is possible and here to stay.
- Protocols Vary.
- New Modalities on the horizon.