



## SAN MATEO ORTHOPEDIC MEDICAL GROUP, INC.

77 N. San Mateo Dr. San Mateo, CA 94401  
(650)342-0854 F(650)342-2198  
www.sanmateorthomed.com

### PAIN MANAGEMENT GUIDELINES

1. Initial consultation NO narcotics will be issued.
2. Please schedule your next appointment when leaving to avoid delayed appointments or refills.
3. In order to get your narcotics refilled you must be seen by the doctor.
4. Refills on medications please call your pharmacy for non-narcotic medication. Do not call the office. PLEASE ALLOW 48 hours.
5. Medications are ONLY refilled during regular business hours Monday-Thursday 8a.m. - 4p.m. **Friday 8a.m - 12p.m.**
6. Epidural injections typically require scheduling 1-2 months in advance.
7. DMV Placard are only issued to patients that require walking devices.
8. No prior authorizations will be obtained, we will work within your insurance formulary for treatment.
9. Prescriptions are for a 30-day supply. As outlined in the narcotic contract, medication is not to be increased without consulting the physician and will not be given early.
10. Narcotic medication should be filled at the same pharmacy. If you have a change in pharmacy, please notify us.

### PAIN MANAGEMENT SUGGESTIONS TO KEEP IN MIND

- Call the office if you feel dizzy, nauseated or itchy after taking pain medication.
- It is not advised to mix medication with alcohol.
- It is not advised to operate heavy machinery while taking prescription medication as they may cause drowsiness.
- Pain medication can be very constipating. To avoid this, eat a well-balanced diet including fresh fruits, raw vegetables and other fiber rich foods. Drink 6 – 8 glasses of water per day.
- To expedite non-emergency questions please email either:
  - Dr. Chen's and Nicole's assistant Adriana at [adriana@smomg.net](mailto:adriana@smomg.net)
  - Samantha's assistant Janae at [janae@smomg.net](mailto:janae@smomg.net)
  - If your question is urgent, please call 650 342-0854 (ext. 242 for Adriana or ext. 251 for Janae)