

Role of Education in Disposal of Unused Opioids After Total Joint Arthroplasty

Opioid pills are commonly prescribed as analgesics after total joint arthroplasty



However, improper disposal of unused opioids can lead to misuse

Can educating patients help in the proper disposal of opioids?

In a prospective, single-center, blinded trial



Patients who underwent primary total joint arthroplasty and were prescribed opioids (N = 563)

Cluster-randomized
(n = 342)



No education
(n = 89)



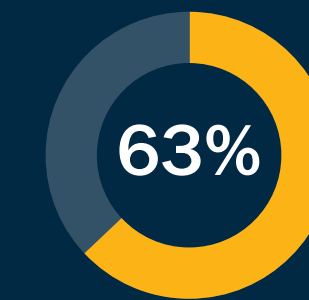
Educational pamphlet
(n = 128)



Pamphlet + text message
(n = 125)

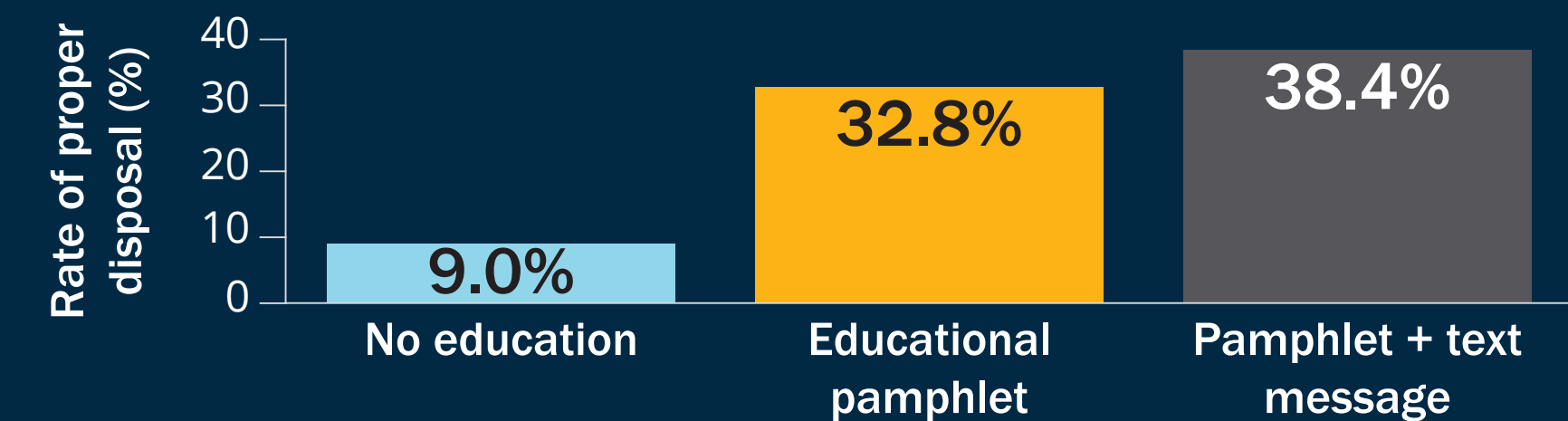


Postoperative survey at
6-week follow up

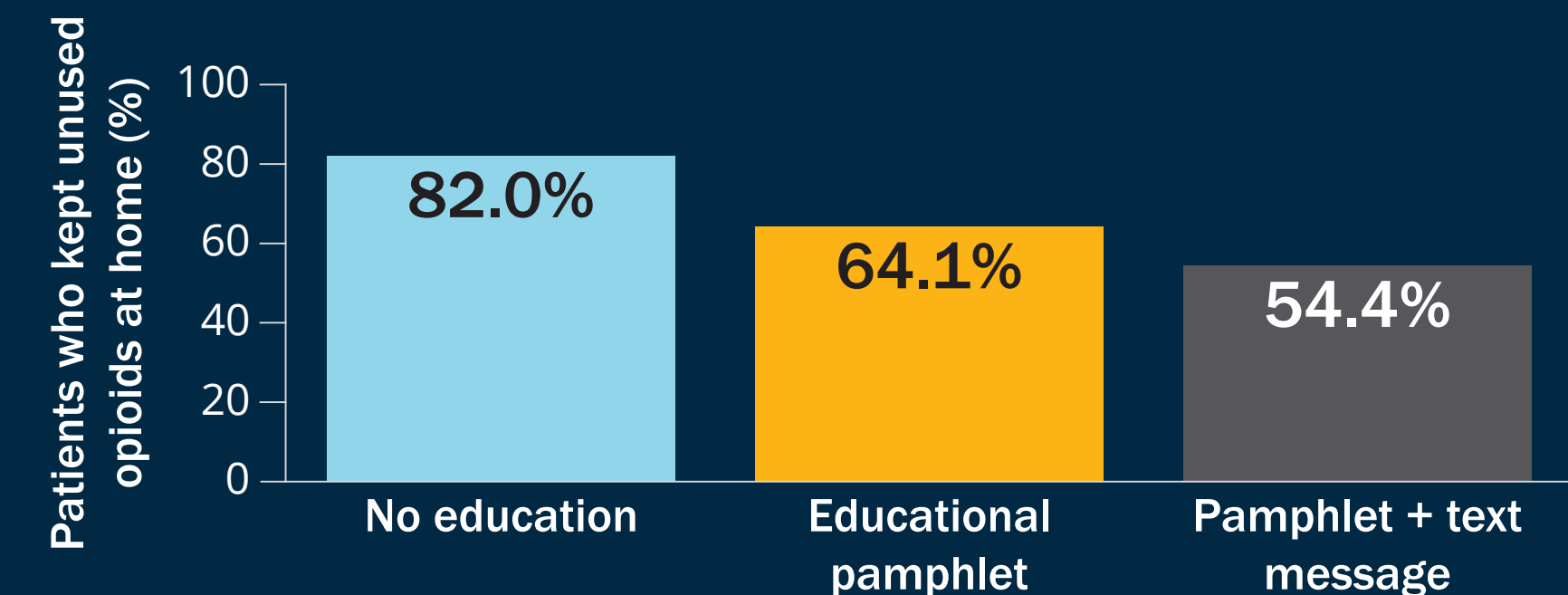


Patients with
unused opioid pills

Rate of proper disposal significantly increased with education



Number of patients who kept unused opioid pills at home decreased with education



In patients undergoing total joint arthroplasty, educational intervention significantly increases proper disposal of unused opioids

Education Increases Disposal of Unused Opioids After Total Joint Arthroplasty.
A Cluster-Randomized Controlled Trial

Nahhas et al. (2020) | DOI: 10.2106/JBJS.19.01166

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