

**Supplementary material 1 Standardized opiate-sparing protocol**

<b>Preop</b>	<b>Day Before Surgery</b>	<b>Immediate Preop</b>	<b>Intraop</b>	<b>PACU</b>	<b>Postop</b>	<b>Discharge</b>
<b>Continue NSAIDs</b>	Preop NSAIDs permitted	Meloxicam 15mg po	Spinal (opiate free)	Mild pain (1-3):	Mild pain (1-3):	Standing:
<b>Stop Narcotics / Initiate narcotic taper</b>	Initiate hydration protocol		Dexamethasone 10mg IV	Ice therapy PRN	Ice therapy PRN	Acetaminophen 1g PO q6-8h (review liver function prior to admission)
	Acetaminophen 1g po q6-8h		Fentanyl IV (induction)	Moderate pain (4-6):	Moderate pain (4-6):	Meloxicam 15mg po qd
	Meloxicam 15mg qd		Acetaminophen 1g IV	Tramadol 50mg q8h prn	Tramadol 50mg q8h prn	Aspirin 81mg bid
	Aspirin 81mg qd		Liposomal bupivacaine (Exparel)	-OR-	Severe pain (7-10):	Breakthrough:

			Cocktail: 40mL bupivacaine (0.25% w/v) + ketorolac 15mg	Fentanyl 25mcg IV q10m (3 doses max)	Tramadol 100mg q8h prn	Tramadol 50mg q4-6h prn (36 tablets)
				Severe pain (7-10):	Breakthrough:	
				Tramadol 100mg q8h prn	Oxycodone 5mg q6h prn	
				-OR-	Ketorolac 30mg IV one-time dose (POD 1 only; limit 15 for age ≥ 65 and/or renal impairment)	
				Fentanyl 50mcg IV q10m (3 doses max)	Standing:	

				Breakthrough:	Acetaminophen 1g PO q6-8h (review liver function prior to admission)	
				Oxycodone 5mg po once prn	Meloxicam 15mg po qd	

NSAIDS, non-steroidal anti-inflammatory drugs; PO, per os; qd, once daily; IV, intravenous; PRN, as needed; BID, twice daily.