On the Rebound: What to Expect After Surgery
Methodology
Research results are based on two surveys conducted by Wakefield Research for Pacira BioSciences, Inc.

The research was fielded between April 30 and May 11, 2020, using an email invitation and online survey.

The first survey polled 500 US women ages 30-50 who have had an orthopedic surgery, soft tissue surgery, or a surgery performed by an OB/GYN.

The overall margin of error for this data is +/-4.4%.

The second survey polled 261 practitioners who are OB/GYNs, oral, orthopedic, soft tissue, or plastic surgeons.

The overall margin of error for this data is +/- 6.1%.
Women’s Role as Health Care Decision Makers, Desire to Get Back to Normal Drives Push for Rapid Recovery After Surgery
When it comes to family healthcare decisions, women call the shots

Among women who influence their family’s health care decisions, responsibilities include:

- Choosing pain management approach used during surgery (76%)
- Choosing pain treatment options following surgery (67%)
- Planning surgeries or medical procedures (65%)
- Monitoring medications (62%)
- Medical paperwork (58%)
- Choosing healthcare providers (47%)
- Refilling prescriptions (43%)
- Scheduling medical appointments

Nearly all women surveyed (97%) say that they are responsible for or influence health care decisions.

Most doctors agree (94%), women are more proactive about postsurgical pain management for their loved ones than men.
Almost unanimously, women prioritize rapid recovery and return home after surgery

Almost all women (96%) ages 30-50 are motivated to get back to their daily routine following surgery; more than 40% cite caregiving responsibilities as a main driver to quickly recover.

Key motivators that make getting home and back to normal a top priority for women:

- 43% Primary caregiver responsibilities for children or other family members
- 31% Getting back to work faster
- 13% Concern about contracting a secondary illness or infection
- 6% Upcoming event or trip
- 7% Other
Women Are Worried About Opioids, but Continue to Receive Prescriptions
The majority of women realize that opioids can delay their rapid recovery goal—but most take them anyway.

67% of women took an opioid following their surgery, even though 84% have concerns related to being prescribed or taking opioids.

Top concerns related to receiving a prescription for or taking opioids after surgery:

- **41%** Physical impact, such as nausea, vomiting, constipation
- **37%** Addiction or dependence
- **29%** Mental impact, such as confusion, anxiety, irritability
- **25%** Not being able to resume my normal daily activities
- **20%** Not being able to care for myself or my family members
- **9%** Potentially delayed discharge from the hospital
Many women are also concerned with opioids prescribed to their family members after surgery.

- 70% of women have concerns about family members taking opioids.
- Women are most concerned with their children taking opioids prescribed after surgery.

Women are concerned when these family members are prescribed opioids:

- **41%** CHIL(REN)
- **39%** MYSELF
- **36%** MY SPOUSE OR PARTNER
- **31%** MY PARENTS
- **27%** OTHER FAMILY MEMBERS OR FRIENDS
Women Are Proactive in Discussing Recovery Expectations—but Stop Short of Asking for What They Want
In order to meet recovery goals, questions about non-opioids should top women’s surgical planning checklist.

Women address several topics with doctors prior to surgery, but many are missing a crucial discussion in their quest for a rapid recovery — a conversation about non-opioids.

### Topics women discuss prior to surgery:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expected amount of postsurgical pain</td>
<td>52%</td>
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<tr>
<td>Being able to care for myself such as avoiding stairs, resting, etc.</td>
<td>50%</td>
</tr>
<tr>
<td>Expected impact of postsurgical pain on daily activities</td>
<td>47%</td>
</tr>
<tr>
<td>Expected length of hospital stay</td>
<td>37%</td>
</tr>
<tr>
<td>Managing the possible side effects of opioids</td>
<td>27%</td>
</tr>
<tr>
<td>Non-opioid options to manage pain</td>
<td>26%</td>
</tr>
<tr>
<td>Managing medication use to avoid potential opioid addiction or dependence after surgery</td>
<td>25%</td>
</tr>
</tbody>
</table>
Given their opinions on opioids, why aren't women always asking about pain management options?

- 54% of women say they didn’t discuss non-opioid pain management options because they trust their doctor’s recommendation.
- 19% of women aren’t even aware that non-opioid treatments are an option for managing postsurgical pain.
- 14% of women felt that either they or their surgeon didn’t have time to discuss non-opioid options.

However, non-opioids can represent a true ‘X-Factor’ when utilized in a pain management plan focused on reducing opioids and their side effects in order to minimize downtime after surgery.
Most doctors believe non-opioids effectively treat pain and improve recovery for patients

97% of surgeons reported consistent or increasing use of non-opioids over the last 12 months

94% of surgeons agree that non-opioid pain management options can positively impact recovery and the ability to return to normal function following a surgery

84% of surgeons believe non-opioids can effectively treat postsurgical pain

1/2 of doctors polled said that the top reason they discuss non-opioid options is because their patient specifically requests them.
Patient demand is driving increased use of non-opioids

MORE THAN HALF of doctors polled said patient requests are the main reason their utilization of non-opioids increased.

Factors contributing to increased utilization of non-opioids:

- **53%** Patients’ requests
- **51%** Liability reasons
- **50%** Opioids have a negative reputation
- **46%** Shorter recovery time
- **44%** They’re safer
- **42%** They’re as effective as opioids
- **41%** Fewer side effects
Patient interest in non-opioids continues to rise

Most women (83%) think positively of doctors who offer non-opioid options, seeing them as more innovative and up-to-date on medical advances.

82% of women say they’d be interested in them if they were to have another surgery.
Additional Findings
94% of women rely on resources to help inform medical decisions, including:

- **70%** Referrals such as from a primary physician or from your medical insurance provider
- **50%** Word of mouth such as recommendations from family, friends, or colleagues
- **46%** Health information websites such as WebMD or Mayo Clinic
- **42%** Internet search such as Google or Yahoo
- **33%** Professional organization or medical society such as American Heart Association or American Diabetes Association
- **21%** Online patient communities such as dedicated Facebook groups or other online support communities
- **17%** Medical journals such as Lancet or New England Journal of Medicine
Conversations and concerns about opioids vary nationwide

Percent of women concerned with family members taking opioids

Although women across the country are concerned about family members taking opioids, those in the Northeast showed the greatest concern (78%), followed by the West (74%), Midwest (67%), and South (65%).

Pain impacting recovery
Percent of women who discussed the impact of postsurgical pain on daily activities with surgeon

Trends in opioid utilization
Following surgery, of women took opioids after surgery

- Northeast: 76%
- West: 67%
- South: 65%
- Midwest: 62%
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