The opioid epidemic is a major public health concern in America, with opioid overuse causing negative effects such as addiction, overdose, nausea, drowsiness, constipation, and pruritus.

Although multimodal pain regimens are a viable alternative for opioids, their use in orthopaedic trauma patients is undetermined.

Outpatients receiving peripheral nerve block

- Multimodal pain protocol: 40
- Hydrocodone–acetaminophen control: 70

Outcomes of hydrocodone–acetaminophen control vs multimodal pain protocol

- Pain scores on postoperative day 1
  - Control: 8.54
  - Protocol: 9.68
- Satisfaction scores on day 1
  - Control: 9.68
  - Protocol: 8.61
- Pain scores on postoperative day 2
  - Control: 8.61
  - Protocol: 9.66
- Satisfaction scores on day 2
  - Control: 7.54
  - Protocol: 6.68

Reduction in opioid consumption in protocol group:

- 59% at 4 days post surgery
- 40% at 14 days post surgery

Multimodal pain protocol significantly decreased postoperative opioid consumption after outpatient orthopaedic trauma surgeries.