



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

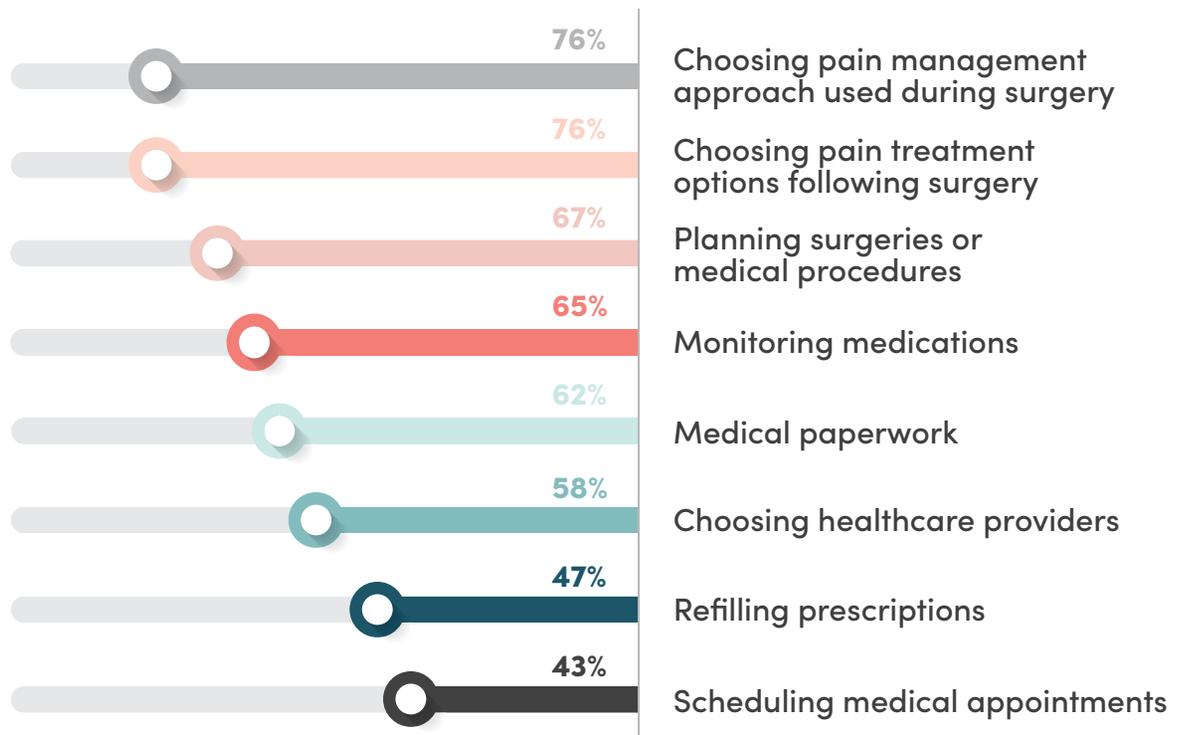
Among women who influence their family's health care decisions, responsibilities include:



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



Primary caregiver responsibilities for children or other family members



Getting back to work faster



Concern about contracting a secondary illness or infection



Upcoming event or trip



Other



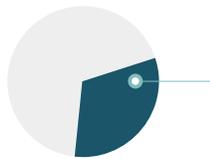
Women Are Worried
About Opioids,
but Continue to
Receive Prescriptions



The majority of women realize that opioids can delay their rapid recovery goal— but most take them anyway

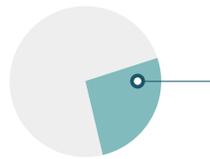
67% of women took an opioid following their surgery, even though **84%** have concerns related to being prescribed or taking opioids

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



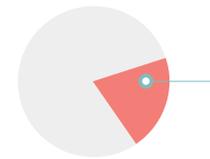
41%

Physical impact, such as nausea, vomiting, constipation



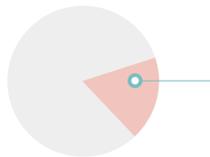
37%

Addiction or dependence



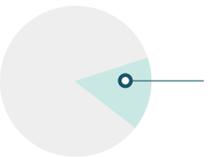
29%

Mental impact, such as confusion, anxiety, irritability



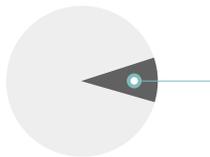
25%

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%

CHILD(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:

52%

Expected amount of postsurgical pain

50%

Being able to care for myself such as avoiding stairs, resting, etc.

47%

Expected impact of postsurgical pain on daily activities

37%

Expected length of hospital stay

27%

Managing the possible side effects of opioids

26%

Non-opioid options to manage pain

25%

Managing medication use to avoid potential opioid addiction or dependence after surgery

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

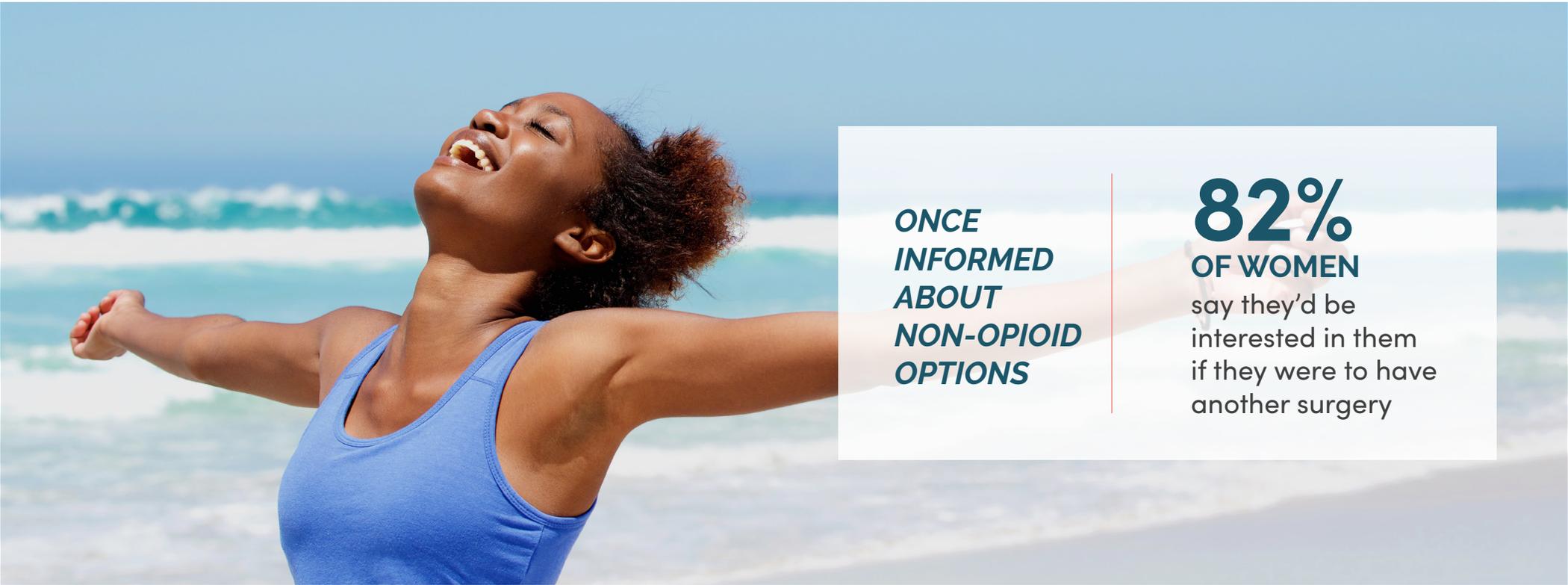
41%

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



**ONCE
INFORMED
ABOUT
NON-OPIOID
OPTIONS**

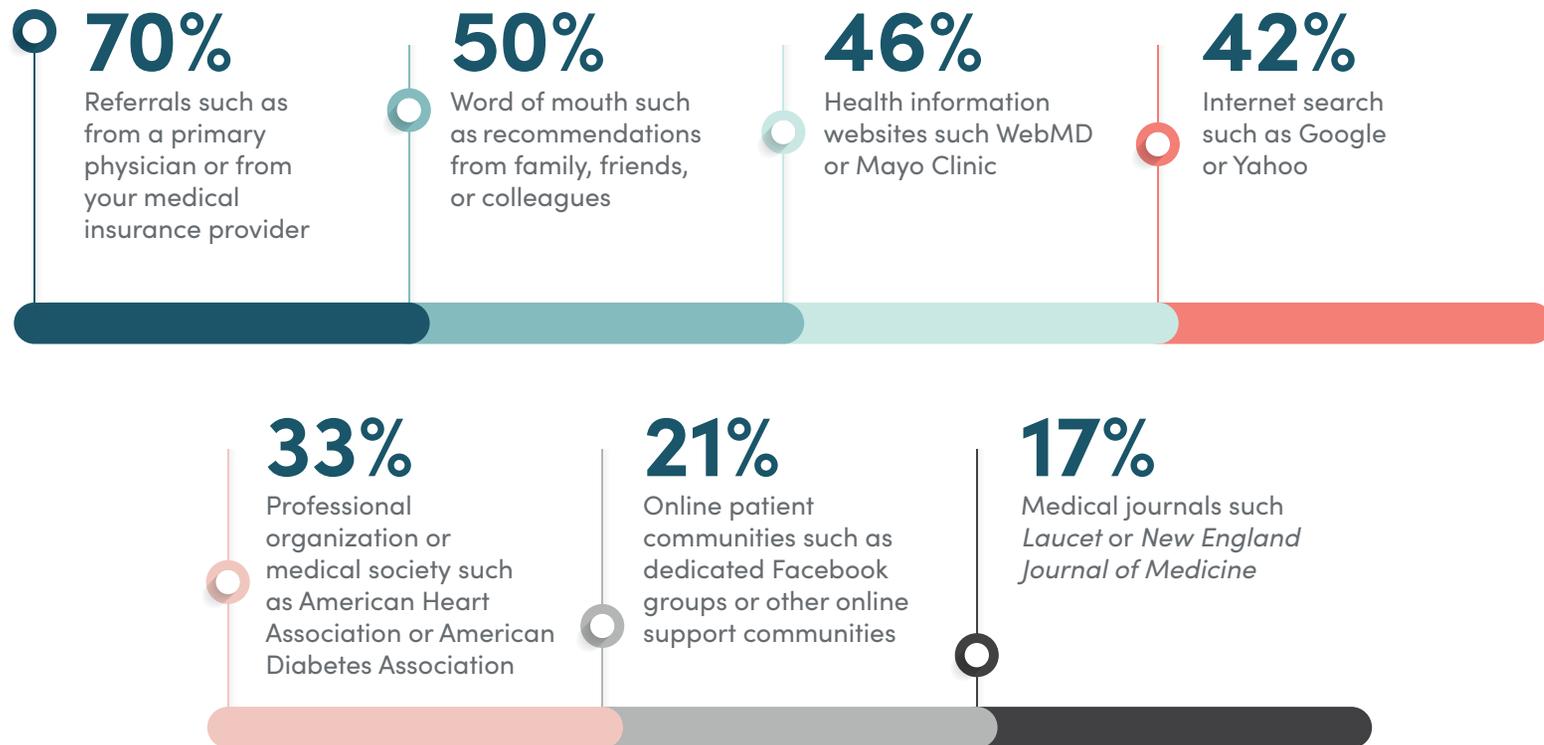
82%
OF WOMEN
say they'd be
interested in them
if they were to have
another surgery



Additional Findings

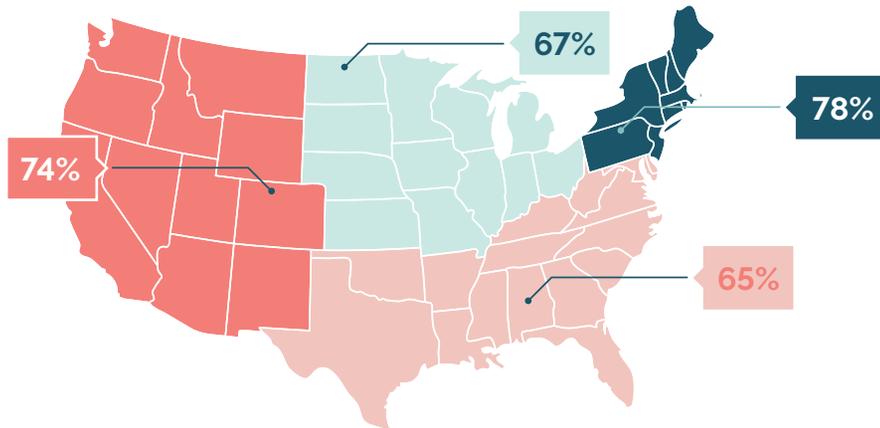


94% of women rely on resources to help inform medical decisions, including



Conversations and concerns about opioids vary nationwide

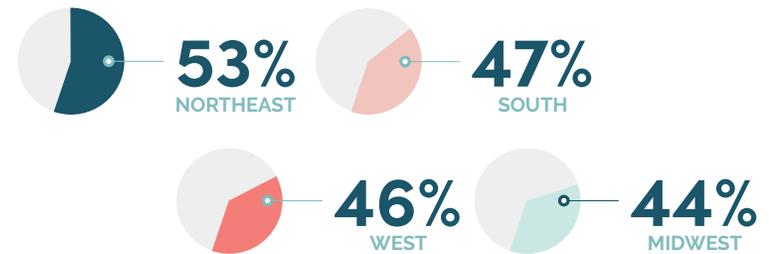
Percent of women concerned with family members taking opioids



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



For more information, please visit www.YourXFactor.com

