

# Post-Operative Analgesia in Saudi Arabia and the United States: A Resident's Perspective

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## Abstract

**Objectives:** To examine post-discharge pain management among general surgeons in Saudi Arabia and the United States and the process involved with dispensing opioids.

**Methods:** I participated as a general surgery resident and observed other general surgeons manage post-discharge pain in Saudi Arabia and the United States. I backed my observations using peer-reviewed data.

**Results:** There is a wide variation in post-discharge analgesia practices between surgeons in Saudi Arabia and the United States. General surgeons in Saudi Arabia routinely manage post-discharge pain with non-narcotic analgesics, while general surgeons in the United States routinely utilize narcotic analgesics. More stringent regulations for dispensing opioids are followed in Saudi Arabia compared to the United States.

**Conclusion:** General surgeons in the United States prescribe a higher number of opioids than in Saudi Arabia. More stringent regulations are followed in Saudi Arabia for dispensing opioid analgesics post-discharge.

Keywords: Addictive; Addictive effects; Opioids; Analgesia; Addictive effects

Post-discharge analgesia in Saudi Arabia and the United States. I participated as a general surgery resident and observed other general surgeons manage post-discharge pain in Saudi Arabia and the United States. I backed my observations using peer-reviewed data.



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