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“Topicals for Osteoarthritis Pain in Knee Surgery (TOPIKS): A Pilot Randomized Controlled Trial”

Knee replacement surgery is the second most common type of surgery performed in Canada. Most patients recover very well, but more than 1 in 5 patients experience lasting pain after a knee replacement. Doctors and the public are becoming aware of the dangers of opioids, so we want to reduce opioid pain medication use after knee surgery. Topical medications that are rubbed into the skin around the injured area are becoming more common because we think they might be safer than pain medications taken by mouth. Medical cannabis is also an emerging area of interest to help with pain and inflammation. In our study, we will randomly assign patients to one of three study treatments: A standard anti-inflammatory pain relief cream, a new pain relief cream made from cannabis, and placebo cream with no active ingredients. We will follow patients for 3 months to make sure the pain creams are safe and effective. This study will help doctors determine safer ways to reduce pain after knee replacements. This study will hopefully help patients feel less pain after surgery and use less opioid pain medication.