

The ComfortSafe Pyramid®

An Alternative to Opioid Pain Relief

What is the ComfortSafe Pyramid?

ComfortSafe anesthesia is similar to traditional anesthesia but uses shorter-acting medications so you can wake up faster and get home sooner. Opioids are avoided, or used in greatly reduced doses, so nausea is far less likely to occur. When you are under anesthesia, the ComfortSafe Pyramid is used to guide your surgical and anesthesia teams in selecting the best non-opioid pain medications for you. You can be confident that you will awaken safely and comfortably. All types of surgical procedures can be performed with ComfortSafe anesthesia.

What are the benefits of the ComfortSafe Pyramid?

Patients whose anesthesia is guided by the ComfortSafe Pyramid typically:

- Awaken more rapidly
- Experience less pain
- Experience less nausea
- Experience less confusion
- Often return home sooner

Who will benefit most from the ComfortSafe Pyramid?

- Patients who have experienced postoperative nausea and vomiting after previous anesthetics
- Elderly patients who wish to avoid prolonged confusion following anesthesia
- Those that are at high risk for relapse or further reliance on opioids
- Morbidly obese patients, especially those with obstructive sleep apnea who use CPAP
- Critically ill, oxygen-dependent patients

Why choose the ComfortSafe Pyramid at MedStar Georgetown?

The ComfortSafe Pyramid emphasizes the team approach to patient care and safety. It ensures communication between the anesthesia and surgical teams to optimize patient comfort while avoiding the adverse effects of opioids. The technique is used exclusively at MedStar Georgetown.





Joseph Myers, MD
Associate Professor of Anesthesiology
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Joseph Myers, MD, is passionate about patient safety and served as chairman of MedStar Georgetown's Patient Safety First Committee. Dr. Myers is active in the study of non-opioid analgesics and has developed the ComfortSafe Pyramid, a non-opioid technique which emphasizes comfort, safety, rapid awakening and avoidance of side effects.

Board-certified in anesthesiology and credentialed in hyperbaric medicine, Dr. Myers' areas of interest include:

- Anesthesia for wound care and healing
- Anesthesia for breast and reconstructive surgery
- The effective use of procedural checklists
- ComfortCare anesthesia, for sustaining a healthy recovery and reducing the risk of opioid addiction

To learn more about the ComfortSafe technique, email Dr. Myers at **Joseph.Myers@gunet.georgetown.edu**.

MedStarGeorgetown.org/Pyramid

