Dr. Emily Kirby Integrates Journavx into Enhanced Recovery Protocol

December 09, 2025

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Board-Certified Plastic Surgeon Dr. Emily Kirby announced the integration of Journavx (suzetrigine), the FDA's recently approved non-opioid pain medication, into her Enhanced Recovery After Surgery (ERAS) protocol. The addition made Dr. Kirby among the first plastic surgeons in the region to incorporate the new medication into patient care protocols for rapid recovery plastic surgery.

"When I learned about Journavx, I knew immediately that it would be a perfect fit for what we're already doing with our ERAS protocol," said Dr. Kirby. "We have always focused on giving patients the most comfortable recovery possible, while avoiding heavy reliance on opioids whenever possible, and this gives us another excellent tool to do exactly that."

Dr. Kirby developed her ERAS protocol over more than 14 years of practice, incorporating evidence-based techniques, including pre-operative preparation, strategic medication timing, ultrasound-guided nerve blocks, and early mobilization techniques.

"I've always believed that the best recovery comes from preventing pain from multiple angles rather than just

throwing one strong, non-specific medication at it," Dr. Kirby explained. "Journavx works completely differently from our nerve blocks and other techniques, so it effectively complements our comprehensive approach."

The clinical trials that led to Journavx approval included abdominoplasty (tummy tuck) procedures, which Dr. Kirby performs regularly. In these trials, Journavx demonstrated significant pain reduction compared to placebo while performing similarly to traditional opioid combinations. Dr. Kirby noted that the medication's favorable side effect profile, which included occasional mild skin irritation and muscle spasms, made it an attractive addition to her pain management approach for patients undergoing tummy tucks and other procedures.

"What interests me most about advances like this is seeing how much more comfortable my patients are during recovery," noted Dr. Kirby. "When someone can get up and gently start moving around the day of surgery without significant discomfort, that's when I know we're doing something right."

Dr. Kirby has been recognized as a Castle Connolly Top Doctor for six consecutive years and a Texas Super Doctor for seven consecutive years. She operates at her office-based Quad A-accredited City Surgery Center, working with board-certified anesthesiologists.

Board-certified by the American Board of Plastic Surgery, Dr. Kirby completed her medical training at Texas A&M College of Medicine, followed by a six-year integrated plastic surgery residency at The University of Kentucky. She completed additional fellowship training in pediatric and craniofacial plastic surgery before establishing her Fort Worth private practice. Dr. Kirby also served as the first female Chief of Plastic Surgery at Texas Health Harris Methodist Hospital, the largest hospital in Fort Worth.

Drawing from this extensive training and experience, Dr. Kirby's approach combines surgical techniques with individualized recovery plans based on each patient's medical history and procedure requirements.

"My patients often tell me they were surprised by how manageable their recovery was," Dr. Kirby stated. "Adding Journavx to our toolkit means we can offer even more patients that same positive experience without the nuisance of opioid side effects."

The enhanced ERAS protocol with Journavx is now available to all qualifying patients at Kirby Plastic Surgery.

About Kirby Plastic Surgery

Kirby Plastic Surgery is located at 5075 Edwards Ranch Rd, Fort Worth, TX 76109. Patients interested in learning more about Dr. Kirby's Enhanced Recovery After Surgery protocol or scheduling a consultation may contact the office by calling or texting (817) 292-4200 or visiting the practice website.

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For more information about Kirby Plastic Surgery, contact the company here:Kirby Plastic SurgeryRandol Kirby817.292.4200info@kirbyplasticsurgery.com5075 Edwards Ranch Rd, Fort Worth, TX 76109

Kirby Plastic Surgery

Board Certified Plastic Surgeon Dr. Emily J. Kirby is the founder and owner of Kirby Plastic Surgery, where she offers aesthetic and reconstructive procedures. The practice also offers non-surgical treatments at Kalos Medical Spa within the practice.

Website: https://www.kirbyplasticsurgery.com/

Email: info@kirbyplasticsurgery.com

Phone: 817.292.4200