



Everyone deserves a safe, effective pain management plan to help them rest and heal after an injury or surgery. Doctors sometimes prescribe opioid painkillers for extreme pain, but your body can become dependent on them in as few as three days.

During COVID-19, you still have many options for managing serious pain—including non-opioid medication, topical creams, acupuncture, physical therapy and more. Talk with your doctor to learn about these safe options and how to access them.

Serious risks and side effects of opioid painkillers:

- 1 Physical dependence happens fast, requiring stronger doses and causing your body to go through withdrawal when you stop taking them¹
- 2 Mask the feeling of pain instead of treating the cause
- 3 Make you feel drowsy, nauseated and constipated
- 4 Can slow down your breathing and heart rate to dangerous levels
- 5 Can slow your body's healing process²
- 6 Make it harder to get restful sleep

COMMON OPIOID PAINKILLERS:
Codeine
Demerol® (Meperidine)
Methadone
Morphine
OxyContin® (Oxycodone)
Percocet®
Vicodin® (Hydrocodone)



A campaign to empower people to heal safely after injury or surgery. **Learn more at HealSafely.org**

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Get the best pain management options for you.

Step 1: Prepare for your doctor visit

- 1 Is there a friend or family member who can join you for your appointment to help get you the information you need? If your appointment is online or by phone, ask if your provider can send an invitation to your friend or family member. If your appointment is in person, ask if you can call your friend or family member during your appointment.
- 2 Do you have concerns about taking pain medication? Have you had a negative reaction to it in the past?
- 3 What are you currently doing to reduce pain?

Step 2: Ask your doctor key questions

- 1 Are there over-the-counter options or non-opioid medications to manage my pain and help with healing?
- 2 Other than taking medication, what are my options for healing and managing pain?
- 3 Can I have any of my appointments online or by phone?
- 4 What are you doing to protect patients from COVID-19 when we need to come into the office?

Don't be afraid to keep asking questions until you clearly understand your doctor's instructions. And don't hesitate to call or email them after your appointment if you need more information.

Step 3: Questions to ask if you are prescribed pain medicine

- 1 Can I try a non-opioid medication?
- 2 Can I start with the lowest dose and fewest pills?
- 3 Can I stop taking it in three days or less?
- 4 How can I safely get rid of any leftover medication?

SOURCES:

1. Bembem, Nina M. "CDC recommends limiting duration of opioid therapy for acute pain." *Pharmacy Today*, 22.09 (2016): 46.
 2. Shanmugam VK, Couch KS, McNish S, Amdur RL. "Relationship between Opioid Treatment and Rate of Healing in Chronic Wounds." *Wound Repair and Regeneration: Official Publication of the Wound Healing Society [and] the European Tissue Society* 25.01(2017):120-130.
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My Plan:

Many people are surprised to learn how many safe, effective and affordable options there are for managing serious pain. Insurance companies and the Oregon Health Plan cover a variety of options, including appointments online and by phone. The key is to ask.

Use this chart with your doctor to map out the right combination of treatments for rest and healing:

MY PLAN	Prescription medicine (dose & time)	Over-the-counter medicine (dose & time)	Rest / activity changes	Other treatments (ice, heat, exercises, etc.)
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				



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