

My Pain. My plan.

Your body can become dependent on opioid painkillers in as few as 3 days. There are better ways to heal.

Everyone deserves to heal safely after injury or surgery—without the risk of prescription opioids.

Visit healsafely.org to learn what to ask your doctor about prescription painkillers and to make a plan for safe healing that's right for you.



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HealSafely.org



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