



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.

---

**There are many safe, affordable ways to manage serious pain—including non-opioid medication, topical creams, acupuncture, physical therapy and more.**

---

## **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 them<sup>1</sup>
- 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 process<sup>2</sup>
- 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](https://HealSafely.org)**

In partnership with:





## 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 come with you to your appointment to help you get the information you need?
- 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 pain and help with healing?
- 2 What about managing swelling or difficulty sleeping?
- 3 Are there things you can do to get back to your regular routine?

---

**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.
-

# My Plan:

Many people are surprised to learn how many safe, effective and affordable options there are for managing serious pain. Insurance companies, including the Oregon Health Plan, cover a variety of options. 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				



A campaign to empower people to heal safely after injury or surgery. **Learn more at [HealSafely.org](http://HealSafely.org)**

In partnership with:

