

WHAT YOU NEED TO KNOW ABOUT: **NON-OPIOID PAIN MANAGEMENT**



This handout will help guide you through talking with your health care provider about your pain management options. Bring this with you and take notes.

WHAT ARE ALTERNATIVE PAIN MANAGEMENT TREATMENTS?

Your provider will talk to you about your options, but some common options include:

- Non-medications like ice, heat, massage, and light exercise
- Over-the-counter (OTC) medications like acetaminophen (Tylenol®) and NSAIDs (Advil® or Aleve®)
- Prescription medications like COX-2 inhibitors, gabapentin, tricyclics, and SNRIs
- Topical treatments (either OTC or prescribed)
- Prescribed injections into painful areas (for example, epidurals)
- Physical therapy and occupational therapy

Your provider may also recommend counseling or cognitive behavior therapy if you are experiencing long-term pain to help you deal with the side effects or causes of pain like stress, anxiety, fear, sadness, etc.

WHAT ARE YOUR GOALS AND EXPECTATIONS FOR PAIN MANAGEMENT AND RECOVERY?

Use this space to take notes during your pain plan discussion with your provider.

WHAT'S WORKED OR NOT WORKED FOR YOU IN THE PAST?

Use this space to take notes during your pain plan discussion with your provider.

IS THERE A TIME WHERE I MAY BE PRESCRIBED OPIOID MEDICATION?

In cases of severe, acute pain, opioids are sometimes prescribed for short amounts of time. Some forms of chronic pain that do not respond to various other pain treatments may benefit from opioids.