

Opioid safety tips

- **Naloxone** can reverse an opioid overdose. Make sure you and your family members or friends know where it is and how to use it.

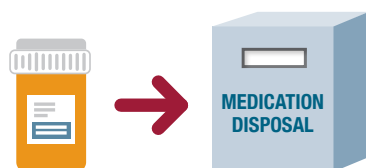
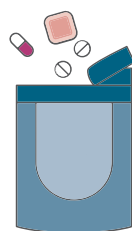


- **Store opioids safely.** Use a locked box or an out of reach place.



- **Don't share your medications** with others.

- **Discard unused portion.** Drop off in disposal bins at pharmacies or police stations, medication take back events, or in activated charcoal bags (like Deterra).



For drop-off locations, contact your local healthcare facility or visit: bit.ly/dropoff_locator



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Safe treatment of acute pain

Most kinds of short-term pain get better on their own, or with non-opioid medications and non-drug treatments.

This brochure has tips for managing acute pain from an injury such as a broken bone or sprain, or after surgery.

Short-term pain can improve without prescription medication

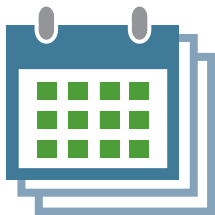
The goal is to be able to do your daily activities as best as possible. You may not be pain-free while your body heals.

Your healthcare provider can discuss options for short-term pain relief. Referral to another specialist may be recommended to provide the right care.

Talk to your provider if it is still hard to do daily activities. It may mean a different option is needed.

When does short-term pain become long-term?

When pain lasts more than 3 months or longer than the expected time of healing, it's considered long-term pain. Other options may be best if pain is long-term.



CHRONIC PAIN:

Longer than expected healing or over three months of pain



Best treatment options for short-term pain

Non-drug options

- **elevation**
- **compression**
- **education:** listen to your body and let nature heal
- **exercise:** continue to move in ways that do not worsen pain



Medication options

- NSAIDs like naproxen (Aleve, Naprosyn, and generics), or ibuprofen (Advil, Motrin, and generics)
- acetaminophen (Tylenol and generics)
- topical treatments (e.g., diclofenac, lidocaine patches)

These options have been proven to work as good or better than opioids. Side effects are safer than opioids.

If opioids are needed

If you are prescribed an opioid:

- **take only the smallest amount necessary** to relieve the pain
- stop it as soon as you can
- continue other pain management treatments for the whole time

Watch out for opioid side effects, including:

- constipation (can be serious)
- tolerance (the drugs work less over time, requiring higher doses)
- confusion
- dizziness/unsteadiness
- nausea
- itchiness
- problems with erections
- withdrawal symptoms after stopping
- possible addiction



Do not take opioids with alcohol, sedatives, or other substances that make you drowsy.

