

MANAGING CHRONIC PAIN

A GUIDE FOR
PATIENTS



HELP
is here.



PREVENT • TREAT • RECOVER

CONSIDER NON-OPIOID APPROACHES FOR RELIEVING PAIN.



MAKE THE RIGHT CHOICE.

The choices you make now on how to manage your pain will affect your overall well-being and long-term health. You should follow the advice of your health care provider and choose the safest options, which means avoiding the use of opioid drugs when possible. You play a vital role in how well and how quickly you restore function and quality of life. You should:

- Consider non-opioid ways to manage pain — talk to your health care provider for suggestions.
- Maintain a healthy lifestyle.
- Stay active and exercise.
- Use over-the-counter medicines such as acetaminophen (like Tylenol) or ibuprofen (like Advil and Motrin) to relieve pain, before talking with your health care provider about opioids.
- Make a plan with and follow the guidance of your health care provider.

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THERE ARE SAFE, EFFECTIVE METHODS TO TREAT AND MANAGE YOUR PAIN.

There are proven non-opioid therapies that you should consider to manage your pain. Talk with your health care provider to learn if there is a therapy — or combination of therapies — that is right for you:



Acupuncture — A therapy that targets peripheral nerves using thin needles, heat, and pressure applied to certain places on the body to stimulate relaxation and decrease inflammation



Chiropractic therapy — A treatment during which the hands or special instruments are used to manipulate the spine to reduce spinal stress, tension, inflammation, and pain

UNDERSTAND THE PAIN YOU ARE EXPERIENCING.

YOU SHOULD KNOW THAT:

- Pain after surgery is NORMAL
- Most pain is worse for the first two to three days
- Chronic pain may not instantly go away — it often takes time and a combination of therapies to resolve



Cognitive behavioral therapy, including biofeedback — A form of “talk” therapy that helps to modify negative emotions, behaviors, and thoughts by helping you address the awareness of pain and focus on coping mechanisms and solutions



Healthy lifestyle — Movement, including exercise, healthy eating, stress management, and getting adequate sleep can make a difference in how you experience pain



Massage — A type of treatment during which the soft tissues of your body are manipulated, using stretching techniques and applying varying degrees of pressure to ease muscle and joint pain



Physical therapy — Exercise, hands-on therapy, and education about pain that includes active participation in recovery



Yoga — A form of exercise that combines breath control, meditation, and stretching movements to strengthen muscles and relieve mental stress

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NON-OPIOID MEDICATIONS CAN BE EFFECTIVE.



Over-the-counter medications may be all you need for pain control. Other therapies have been shown to significantly lessen pain and improve function over time. Proven non-opioid anti-inflammatory drugs include:

- Acetaminophen (Tylenol)
- Ibuprofen (Advil or Motrin)
- Naprosyn
- Gabapentin/pregabalin
- Serotonin/norepinephrine
- Creams or lotions such as lidocaine and capsaicin

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OPIOIDS ARE DANGEROUS.

AN OPIOID IS A STRONG
PRESCRIPTION PAIN
MEDICATION. IT CAN:

- 1** Have side effects that include nausea, vomiting, sleepiness, dizziness, constipation, and increased pain
- 2** Put you at risk for dependence and overdose
- 3** Be dangerous for you if you have a history of depression or anxiety; a history of using or abusing alcohol, tobacco, or other drugs; or a history of long-term chronic pain

TALK WITH YOUR HEALTH CARE PROVIDER ABOUT THE BEST WAY TO MANAGE YOUR PAIN.

Discuss the best pain management approach for you. To learn more about pre-surgical tips, safe medications for dental procedures, and other non-opioid pain management options, visit **HelpsHereDE.com**.



The information in this brochure was based on the Centers for Disease Control and Prevention's (CDC) Guidelines for Pain Management.