

Pain is personal.

Healing is too.



Pain is a part of life. Planning ahead can help you find better ways to heal—without the risks of prescription opioids.

After an injury or surgery, managing pain is important so you can rest and recover. Doctors sometimes prescribe opioid painkillers to help with extreme pain, but your body can become dependent on these drugs in **as few as three days**. We have all seen the negative impacts of opioids in our community, and many of us have been looking for better ways to heal.

The Heal Safely campaign empowers people to heal safely after an injury or surgery, without the risks and side effects of prescription opioids. We believe everyone deserves safe, effective options that will help them rest, recover and get back to daily life.

COMMON OPIOID PAINKILLERS:

Codeine

**Demerol®
(Meperidine)**

Methadone

Morphine

**OxyContin®
(Oxycodone)**

Percocet®

**Vicodin®
(Hydrocodone)**



ASK KEY QUESTIONS

It can be hard to know how to talk to your doctor about pain. Heal Safely has created a simple list of questions (on the other side of this page) that you can bring to your doctor to make sure you get the best pain management approach for you.



GET SAFER OPTIONS

Many people are surprised to learn how many affordable options there are for managing serious pain—including non-opioid medicines, topical creams, physical therapy and acupuncture. Many of these are covered by insurance companies, including the Oregon Health Plan. The key is to ask.



FIND MORE RESOURCES

Visit **HealSafely.org** to learn more about safer, non-opioid options for managing short-term pain. You'll also find great resources like a planning tool that you can use together with your doctor to make a plan for safe healing.

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?