


PATIENT'S NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## PAIN PRESCRIPTION

### R.I.C.E.

- Rest:** Avoid activities that cause pain or discomfort, or increase swelling.
- Ice:** Apply ice or cold compress for 15 minutes, repeating every 2-3 hours.
- Compression:** Wrap affected area or use supportive device.
- Elevation:** Elevate the affected area above your heart, especially when lying down.

### Available over the counter:

- Ibuprofen (generics, Advil, Motrin):** 400mg (two 200mg tablets), every 4-6 hours, as needed for pain or swelling
  - Naproxen (generics, Aleve):** 220mg every 12 hours, as needed for pain or swelling
- 
- Acetaminophen (generics, Tylenol):** 325-650mg, every 4-6 hours as needed for pain (do not exceed 4,000 mg in a day; or 3,000 mg if over 65)

CLINICIAN SIGNATURE: \_\_\_\_\_

# What you should know about opioid pain medicines

---

**Most patients will not need an opioid prescription for short-term pain.**

**Using an opioid in the short term:**

- increases your risk of falls and fracture
- may cause confusion
- may cause side effects (constipation, tiredness, nausea, feeling itchy)

**If an opioid is needed, it should only be used for a short time.**

**Stop taking opioids as soon as possible.**

**Discard any unused tablets or pills:**

- flush down the toilet
- throw in the trash after mixing pills with used coffee grounds or kitty litter



**Balanced information for better care**

These are general recommendations only; specific clinical decisions should be made by the treating physician based on an individual patient's clinical condition. The Independent Drug Information Service (IDIS) is supported by the Massachusetts Department of Public Health and the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Links to references can be found at [alosafoundation.org](http://alosafoundation.org). Copyright 2015 by the Alosa Foundation. All rights reserved.