


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):** 400 mg (two 200 mg tablets), every 4-6 hours, as needed for pain or swelling
 - Naproxen (generics, Aleve):** 220 mg every 12 hours, as needed for pain or swelling
-  OR
- Acetaminophen (generics, Tylenol):** 325-650 mg, 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 prescription opioids 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:

- Bring to a collection site such as a secure dropbox or take-back event.
For take-back locations, visit: apps.ddap.pa.gov/gethelpnow/pilldrop.aspx
- Throw in the trash after mixing pills with used coffee grounds or kitty litter.
- Flush down the toilet.



Pharmaceutical Assistance
Contract for the Elderly

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. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Links to references can be found at AlosaHealth.org.

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