

# Pain management strategies

## Non-drug strategies:

- Exercise/move as your pain allows (for example, stretch, walk, jog, swim).
- Avoid activities that cause pain or discomfort, or increase swelling.
- Try mind-body activities:
  - yoga
  - tai chi
  - mindfulness
- Additional options may help:
  - massage
  - acupuncture
  - transcutaneous electrical nerve stimulation (TENS)

## Over-the-counter medications:

- 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)

**Remember: This pain will likely get better over time.**

# What you should know about prescription opioids for short-term pain

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## 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 drop-off bin: [bit.ly/dropoff\\_locator](https://bit.ly/dropoff_locator)
- Use activated charcoal disposal bags.
- Find DEA take back events: [dea.gov/takebackday](https://dea.gov/takebackday)



Balanced information for better care

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**These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition.**

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