

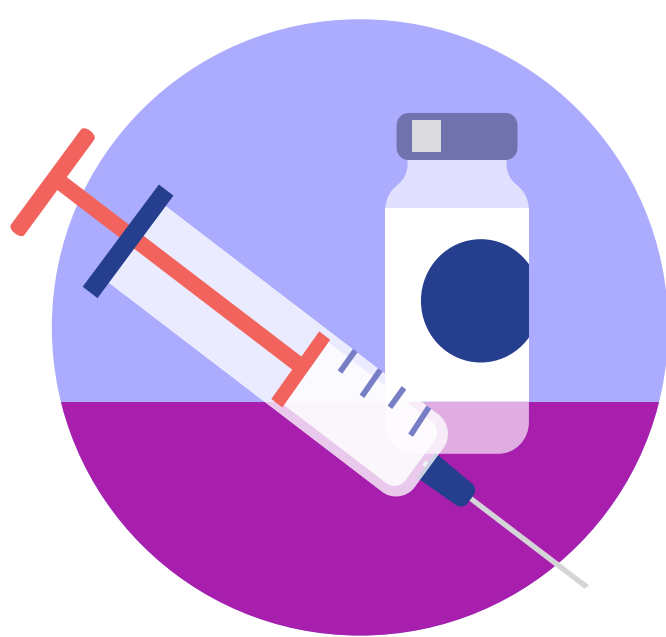
There Are Alternatives to Opioids for Pain After Surgery

How to discuss non-opioid options for pain — a guide for patients and providers

Opioids are a common treatment for pain after surgery, but there are other effective options:



Music therapy



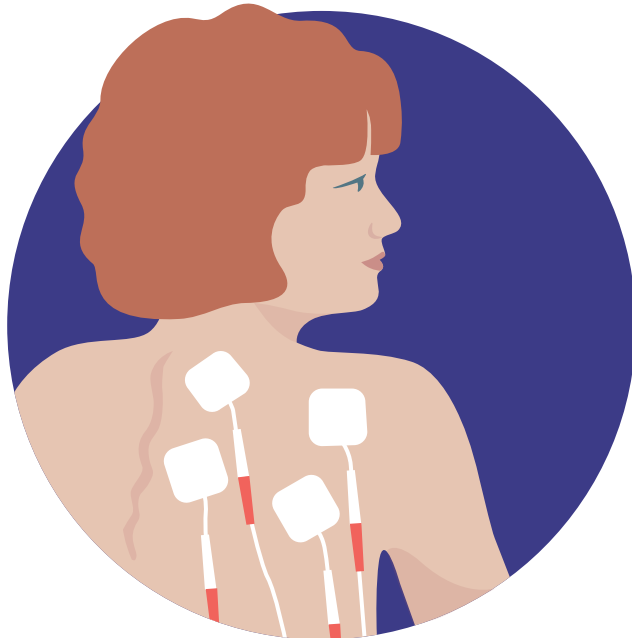
Long-acting numbing medication



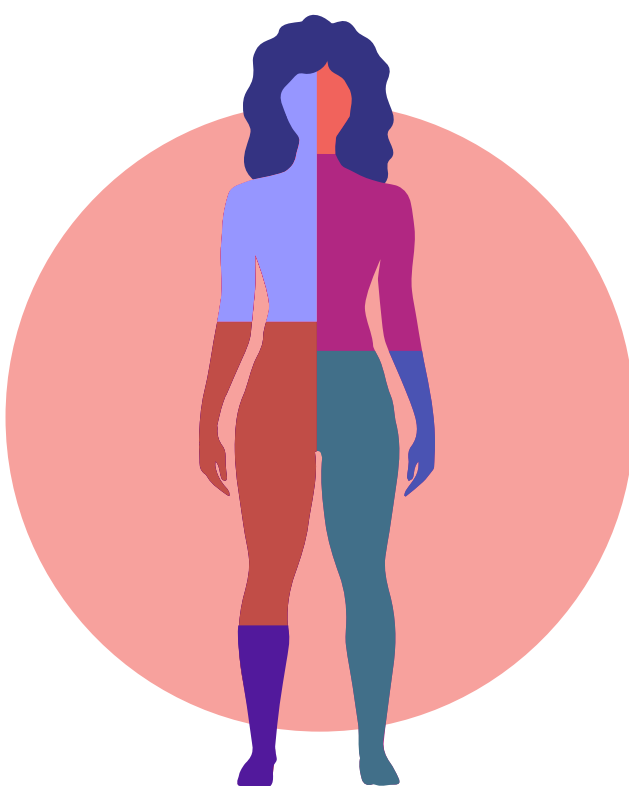
Mindfulness or meditation



Oral medications, like NSAIDs* and acetaminophen



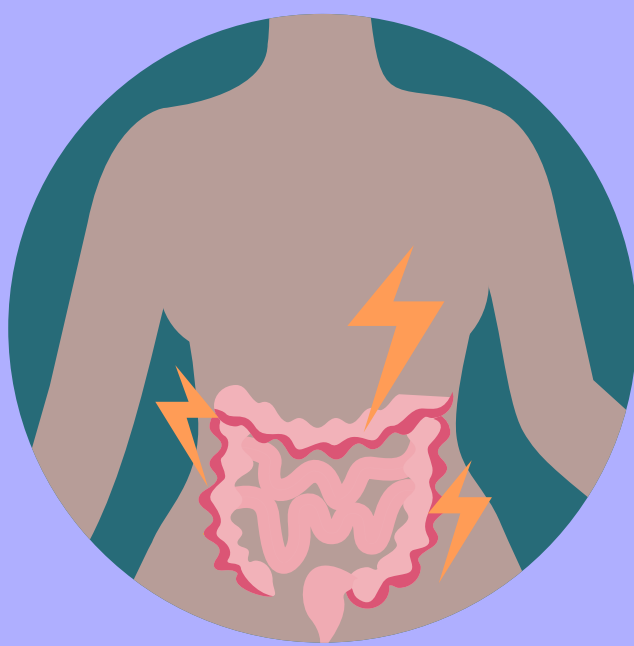
Transcutaneous Electrical Nerve Stimulation (TENS)



Regional nerve blocks and epidurals

*NON-
STEROIDAL
ANTI-
INFLAMMATORY
DRUGS

Reasons women may want to avoid opioids for post-surgical pain treatment



To avoid unpleasant side effects such as nausea and constipation



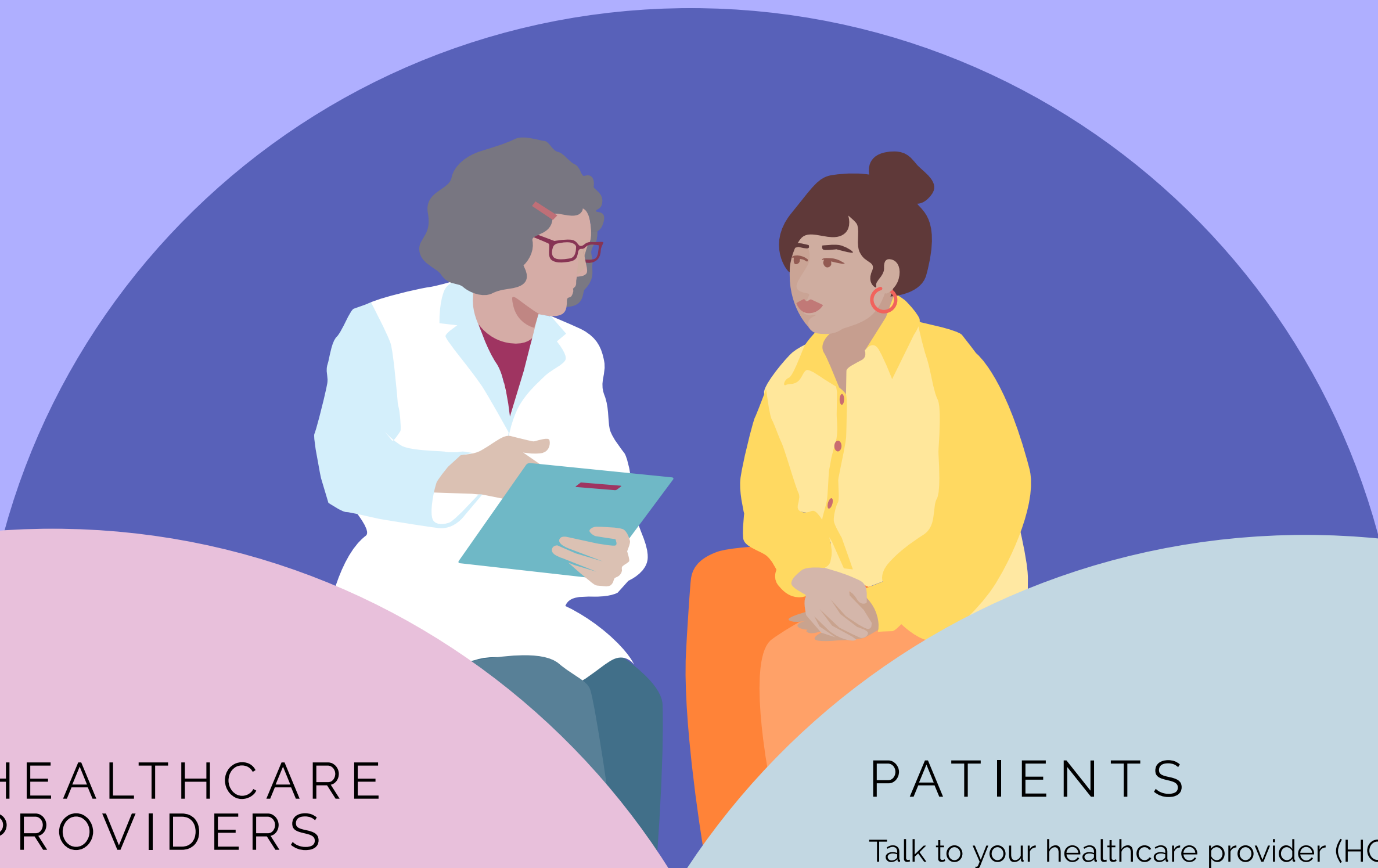
To prevent relapse or interference with substance use disorder treatment



Because they have concerns of becoming addicted to or dependent on opioids



Because they have been educated on effective non-opioid options



HEALTHCARE PROVIDERS

Create a safe and welcoming environment where patients can make a pain management plan before their procedures.

- Invite patient questions about risks, benefits and alternatives to opioids before their procedure.
- Present pain management options, including non-opioid options.
- Discuss the risks and benefits of each option.
- Patients can have many reasons for not wanting to use opioids for pain management — practice empathy and openness by being inviting and nonjudgmental.
- Inform your patients of their rights to privacy in your state and facility.

PATIENTS

Talk to your healthcare provider (HCP) before surgery to find a pain management approach that is right for you.

6 questions to ask your HCP about managing pain following surgery:

- 1 What kind of pain can I expect after my procedure?
- 2 What are the risks associated with use of opioids?
- 3 Is it possible for me to avoid opioids?
- 4 What are options other than opioids?
- 5 Are there effective non-opioid ways to manage my pain?
- 6 Have other patients been successful in managing pain with non-opioids?

If you have concerns about your privacy, speak with your HCP to understand the laws about disclosing drug use, since they can vary by state and facility.

PAIN RELIEF