You are the most important part of your healthcare team ask questions and know the facts before using opioids for your pain.

Michigan-OPEN.org

Safely store your opioids & dispose of any unused pills!

Safely store opioids out of reach of infants, children, teens & pets.

- · Lock your pills if possible.
- Try to keep a count of how many pills you have left.
- Do not store your opioids in places that allow easy access to your pills. (Example: bathrooms, kitchens)

SAFELY dispose of unused opioids:

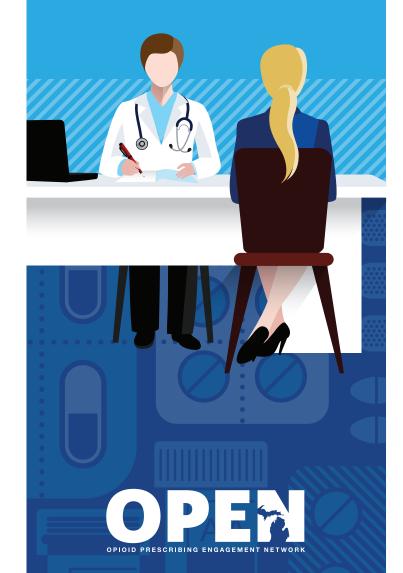
- Medication Take-Back Drives
- Pharmacy & police station drop boxes
- Mix drugs (do not crush) with used coffee grounds or kitty litter in a plastic bag, then throw away.

To find a list of local places that will take back your unused opioids, visit: Michigan-OPEN.org/takebackmap

Michigan OPEN is partially funded by the Michigan Department of Health and Human Services.



Do you know the facts about **opioid pain** medications?



What is an **Opioid**?

An opioid is a strong prescription pain medication.

Common names of opioids:

- Hydrocodone (Vicodin, Norco)
- Oxycodone (Percocet, OxyContin)
- Morphine
- · Codeine
- Fentanyl
- Tramadol (Ultram)
- Methadone

Only use your opioids for the reason they were prescribed.

Using opioids safely

- Ask your surgeon if it is okay to use over-the-counter acetaminophen (Tylenol) or ibuprofen (Motrin, Advil).
- Use your opioids if you still have severe pain, that is not controlled with the over-the-counter medications, or other non-opioid prescriptions.
- Let your doctor know if you are currently taking any benzodiazepines (i.e. Valium, Xanax).
- As your pain gets better, wait longer between taking opioids.
- Only use your opioids for your surgical pain. Do not use your pills for other reasons.
- Your opioids are only for you. Do not share your pills with others.

Know the facts about opioid addiction

You are at higher risk of developing a dependence or an addiction to opioids if you:

- Have a history of depression or anxiety.
- Have a history of using or abusing alcohol, tobacco or drugs (including prescription or street drugs).
- Have a history of long term (chronic) pain.
- Take opioids for longer than a week.
- Take more pills, more often, than your doctor prescribed.

Over-using your opioids puts you at high risk of dependence, addiction or overdose!



Understanding **pain goals** after surgery

Our goal is to control your pain enough to do the things you need to do to heal: walk, sleep, eat & breath deeply.

Things to know:

- · Pain after surgery is normal.
- Everyone feels pain differently.
- Pain is usually worse for the first 2-3 days after surgery.
- Most patients report using less than half of their opioid pills; many patients do not use any of their pills!

Other things to try for pain relief:

- Relaxation, meditation, and music can help control your pain.
- Talk to your doctor if your pain is not controlled.

Surgeon:

Phone Number: