

Atrium Health Acute Pain Medicine Patient Education

The healthcare team at Atrium Health strives to give excellent care. Our goal is to make a treatment plan that is best for you. We have your safety first in our minds.

During your healthcare journey, pain is a normal part of healing. We will make you as comfortable as we can using many methods.

Some patients need prescription pain medicines like "Opioids" or narcotics. Opioids include morphine, dilaudid, and oxycodone. Opioids cause many side effects or problems. Common problems are constipation (cannot poop), depression (feeling down or sad for long periods of time), higher sensitivity to pain, and falls. There is also have a risk of long term use, addiction, and overdose. Federal and State rules for using opioids suggest low doses and short-term use. This lowers the risk for you.

We use medical guidelines and our experience to make a plan. The plan will control your pain safely and improve your comfort.

- We use many methods to help control your pain while we slowly lower your prescription pain medicine. Please talk with our clinic team about your choices. We have resources to help you.
- Prescription opioid pain medicine may be given for 3 to 7 days right after your injury.
- Prescription pain medicines come with orders telling you how much and how often to take it. This will keep you from running out early.
- Prescription opioid pain medicine may be given up to 4 weeks after surgery. During this time, we will help you comfortably lower your dose each week.
- If your prescription is lost or stolen, we cannot give you a new one.
- We will not give new prescriptions early.
- Refills or new prescriptions for pain medicine will not be given after normal office hours or on weekends. Please allow 24 to 48 hours for us to work on your request. Some prescriptions must be picked up in person.
- Federal and State rules have guidelines for safe control of chronic (lasting) pain. The Centers for Disease Control says that chronic pain lasts for at least 90 days. Your prescription pain medicine needs may last longer than your time with our healthcare team. If so, we will send you to another doctor.
- Over-the-counter medicines can be used to help lower the use of opioids. They may be used after the prescription is done. Some choices are acetaminophen (Tylenol) and ibuprofen (Advil or Motrin).
- Non-opioid prescription pain medicines are also used to help lower the use of opioids. This includes gabapentin (Neurontin).

We are honored to take part in the care of you and your family. We hope this document, talking with our team, and other resources help guide you on your healthcare journey.

Thank you,

The Atrium Health Team

Atrium Health Pain Medicine Patient Education

I have received the Atrium Health Pain Medicine Patient Education. I will read it and ask questions if there is something I do not understand.

Patient/Family Signature

Date



Approved through Atrium Health Medical Surgical Health Education Committee, June 2018.

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