

GENERAL PAIN ADVICE

Anti-Inflammatory Medications:

- Examples include “Ibuprofen”, “Advil,” “Motrin,” “Naproxen,” “Aleve,” “Celebrex,” “Arthrotec,” and “Meloxicam.”
- You should only take one type of anti-inflammatory in the same day.
- You should avoid anti-inflammatory medications if you have kidney problems, bleeding from your stomach or bowels, or if you are taking certain blood pressure medications.

Acetaminophen:

- Also known as “Tylenol.”
- Acetaminophen is *different* from anti-inflammatory medications and may be taken *in addition to* anti-inflammatories.
- You may take 2 Extra Strength (500mg) every 6 hours, as needed. (Do not take more than 8 Extra Strength pills per day).
- OR, you may take 2 Regular Strength (325mg) every 4 hours, as needed. (Do not take more than 12 Regular Strength pills per day).
- Caution with acetaminophen if you have liver problems.

Exercise:

- Studies have shown that people who stay active will actually have less pain.
- Do exercises and stretches, as tolerated.
- Do activities you enjoy, like jogging, swimming, or biking. Even a daily walk will help.

Other Treatments:

- Consider options like physiotherapy, chiropractor, massage, or acupuncture.
- Often people may not have coverage through their health plans. However, the results may be worth the price.
- If you cannot afford long term physiotherapy, it may be helpful to attend just one session and ask for exercises that you can do at your own home.

Other Medications:

- Several other medications may be useful for chronic pain, such as amitriptyline, nortriptyline, gabapentin, or pregabalin.
- Chronic pain can affect your mood and thinking. Often, mood medications like “Citalopram,” or “Duloxetine” can help your mood *and* your pain.
- Ask your doctor or nurse practitioner about these options.

Smoking:

- Try to quit or reduce smoking. People who smoke have more pain than non-smokers. The nicotine in cigarettes can make some pain medications less effective.