

Treating Your Child's Pain: ASK FOR SAFER CHOICES!

Opioids may be prescribed to treat your child's pain, but they can have serious side effects including allergy, overdose and addiction. Teens and young adults are at particular risk. The most commonly prescribed opioids given to children are Hydrocodone and Codeine. While opioids are sometimes appropriate for pain management, it is better to first try safer alternatives - which can be even more effective in treating some medical procedures, sprains, strains or injuries.

Medications in Order of Preference*

Acetaminophen (Tylenol®), and/or NSAIDS (Naproxen or Ibuprofen,) are best to start with for mild to moderate pain. Combining these drugs can be even more effective. They can be bought without a prescription.

Prescribed NSAIDS (anti-inflammatories) can be tried if stronger medications are needed from your doctor.

Ask your prescriber about other safer medications, such as Celecoxib (Celebrex) alone or in combination with other drugs for moderate to severe pain.

Specific drugs may be more effective in treating specific kinds of pain.

NOTE: Not all medications are safe, especially for those with underlying health problems. Consult your medical provider.

Proven Non Medication Therapies

Apply ice to reduce swelling and pain after injury or oral surgery. Use heat to decrease muscle spasms and ease pain. Apply for 15-20 minutes every hour or two.

Physical Therapy uses prescribed exercises to address pain and range of motion after surgery or injury

Chiropractic care, Yoga and Acupuncture have been shown to relieve back and neck pain, as well as headaches

Massage therapy may relax and soothe muscles. Useful for post operative and short term pain, headaches and joint pain

Mindfulness Based Stress Reduction and Cognitive Behavioral Therapy are psychological techniques which can help you to deal with ongoing pain

What to Ask Your Health Practitioner

- ◇ What are some over the counter medicines and safer prescription pain medicines we can try first?
- ◇ Does my child need to finish the prescription pain medicine?
- ◇ Can we discuss using physical therapy or complementary alternatives, such as acupuncture, yoga, chiropractic care for ongoing pain?
- ◇ While healing, when and how often should my child be re-evaluated for pain management?

If opioids are prescribed, use the least amount to relieve pain. Alert your doctor if you, or a family member, have a history of drug dependence.



SECURE

Keep all medications in a locked or hidden cabinet or drawer

You should manage, dispense and secure your child/teen's meds!
AND
Monitor Their Pain



RETURN

Bring expired/unused medications to the return kiosk in the police station, or ask if your pharmacy will take them. Do not flush or throw them away.