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

Do you know the facts about opioid pain medications?

**Safely store 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](https://Michigan-OPEN.org/takebackmap)

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

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: _______________