

My Pain Management Plan Prescriptions

Acetaminophen (Tylenol) 500 mg tablet—
two tablets by mouth every eight hours, for five days.

Acetaminophen (Tylenol) 500 mg tablet—
one tablet by mouth every 12 hours as needed for
mild breakthrough pain. Do not exceed 4,000 mg
per day of acetaminophen (Tylenol).

Acetaminophen and Celebrex—take for minor pain.

Celecoxib (Celebrex) 200 mg capsule—
one capsule by mouth, twice daily, for five days.

Other:

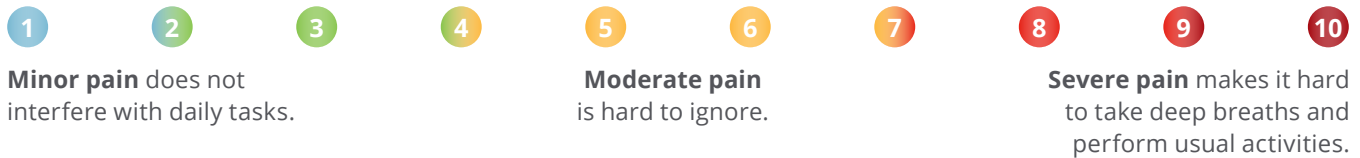
Carisoprodol (Soma) 350 mg tablet—
one tablet by mouth, three times daily as needed,
for five days.

Carisoprodol—take for moderate pain.

Oxycodone IR 5 mg tablet—
one tablet by mouth, every 6 hours as needed for
severe breakthrough pain, for five days or less.

Oxycodone—take for severe pain.

PAIN SCALE



OPIOID USE LOG

Use this log to keep track of when you used opioid pain medication after surgery. Keep this paper close to where you keep your pain medications and note how many doses you have taken. Your healthcare team will ask for this log at your first postoperative appointment.

Pain Score	Date/Time	Amount taken in doses, MLS or tablets	Pain Score	Date/Time	Amount taken in doses, MLS or tablets

WHEN I NEED OPIOIDS, HOW CAN I USE THEM SAFELY?

- Use the smallest amount possible for the shortest amount of time.
- Never take more medication than prescribed.
- Never mix alcohol with pain medications.

HOW SHOULD I STORE OPIOIDS?

- Keep out of reach of children or pets.
- Hide or lock up your medication.
- Keep your medication in its original bottle or container so you do not take it by mistake.
- Keep track of the location and number of pills in the bottle.
- In the event of an unintended overdose or poisoning, call Poison Control at 800-222-1222.

HOW SHOULD I DISPOSE OF OPIOIDS?

- Get rid of unused opioids as soon as you no longer need them.
- Find a drug take-back program or verified prescription location to get rid of them.
- Improper disposal of opioids can result in poisoning, substance abuse or contamination of water resources.
- Opioid drugs should not be flushed down the toilet or poured down a drain.
- Do not give your pain medicines to a friend, family member or stranger.
- See your physician if you are in pain.



To find a verified prescription disposal location, visit apps2.deadiversion.usdoj.gov/pubdispsearch