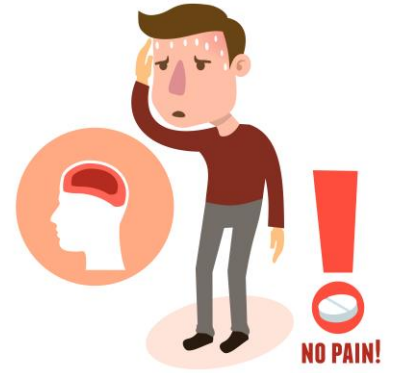


# Pain Control

Pain is your body's natural response to injury or illness. Most pain can be managed at home using over-the-counter medications. Your doctor may prescribe you stronger medications. These medications can help control pain, but they may not completely get rid of all your pain. If your pain is difficult to control with these medications, you may need to seek help from your primary care provider or pharmacist.

Resting for short periods of time can help reduce your pain but too much rest may increase your pain or the risk of further injury.



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## When to Get Help

### See your family doctor or nurse practitioner if:

- Your pain becomes unmanageable with these medications.
- You require more prescriptions for pain medication.

### To Learn More:

- Ask your health care provider.
- Go to HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)

### Recommended Follow-Up

- Follow up in \_\_ days.

Name of Provider

Reason

Date/Time

Location

Contact Info

- \_\_\_\_\_
- \_\_\_\_\_



## How to Care for Yourself at Home

Depending on your injury these techniques may be useful to you:

- Heat and ice/cooling packs
- Distraction and relaxation
- Elevating and resting the injured area

### Medication

- If you have been told to take medications, follow the instructions carefully. Check the bottle of the medication you have purchased for instructions.



The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.

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[EmergencyCareBC.ca](http://EmergencyCareBC.ca)

## Pain Control Discharge Instructions - continued

### IBUPROFEN (E.G., ADVIL<sup>®</sup>, MOTRIN<sup>®</sup>)

- 200-400 mg every 6-8 hours as needed while awake, taken with small snack (max: 1200mg/day).
- Avoid taking this medication for longer than 5-7 days. See your primary care provider (family doctor or nurse practitioner) if you need to use this for longer.
- Avoid this medication if you are over 65 years old, pregnant, or have the following conditions: severe liver or kidney disease, peptic ulcer disease, or heart failure. Speak to your primary care provider before taking this if you have a history of stroke, GERD, inflammatory bowel disease, liver cirrhosis, or ischemic vascular disease.

### ACETAMINOPHEN (E.G., TYLENOL<sup>®</sup>)

- 500-1000 mg every 4-6 hours as needed while awake, with water (max: 4000mg/day).

If you have liver disease or drink over 3 alcoholic beverages per day:

- Maximum dose: 3000mg per day.
- Do not use this medicine for longer than 5-7 days. Speak to your primary care provider if you need to use this for longer.

Be careful not to exceed the maximum dose when taking this medication with other medication that contain acetaminophen (e.g., Dayquil/Nyquil<sup>®</sup>).

Find this information sheet on the ECBC website:

[https://emergencycarebc.ca/clinical\\_resource/patient-information-sheet/pain-control/](https://emergencycarebc.ca/clinical_resource/patient-information-sheet/pain-control/)

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## Notes

### Additional Information

- **Pain management:**  
<https://www.healthlinkbc.ca/health-topics/pain-management>
- **Chronic pain (video):**  
<https://www.fraserhealth.ca/health-topics-a-to-z/chronic-pain/patient-resources-and-pain-programs/managing-your-pain>
- **Check if your medicine contains acetaminophen:**  
<https://www.getreliefresponsibly.ca/medchecker>

### Tell Us What You Think!

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