My Pain Management Plan

My needs for pain management may be different from other people's.

Please learn about any medications I may be taking and understand how they may affect the type of pain relief I need.

Higher doses of opioids may be required to appropriately manage my pain.

My medications:

My goals for pain management:

- Rx — Opioids are helpful. ☐
- NO opioids — I want to avoid opioids. ☐
- I'd like to talk about epidurals. ☐
- local — I'd like local anesthetic. ☐
- nitrous oxide — Offer me nitrous oxide gas. ☐
- lidocaine — Offer me lidocaine patches. ☐
- Offer me hot + cold packs ☐
- OTC — Offer ibuprofen + acetaminophen. ☐

My providers recommend:

Please take time to talk to me about pharmacological and non-pharmacological ways to manage pain. Help me find the solutions that are right for me.

I want to know more about:

Thank you