



Dental + Medical Provider Toolkit — Shareable Social Media Posts

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- Pain is often an inevitable part of life. If you've had an injury, surgery or major dental work, let's talk about the most effective pain relief that's right for you - one that involves the least amount of risk and side effects. For more information ask us or visit: <http://www.breecollaborative.org/wp-content/uploads/WHA-Bree-Opioid-Consumer-Fact-Sheet.pdf>

Suggested link/graphic:

<http://www.breecollaborative.org/wp-content/uploads/WHA-Bree-Opioid-Consumer-Fact-Sheet.pdf>

- Do you have unused or expired medications laying around in your medicine cabinet? According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 75% of opioid misuse starts with people using medication that wasn't prescribed for them - usually taken from a friend or family member. Securely store your medications and safely dispose of them when you're done. Visit www.MED-Project.org to find a safe and secure medication dropbox location near you.

Suggested link/graphic: www.MED-Project.org

- Sometimes, opioid pain medications are needed. But for pain that will likely be gone in a week or two, let's consider trying a milder pain reliever first. Together, we can find a way to reduce your pain in the healthiest way possible. For more information on this topic, check out <https://www.cdc.gov/drugoverdose/patients/options.html>

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- We know opioid misuse is a public health issue. We want you to know we follow [insert name of prescribing guidelines] prescribing guidelines to ensure your safety. We all play a role in combating this growing crisis in our country.

Suggested link/graphic: Link to the prescribing guidelines you abide by.

- Is your child having his or her wisdom teeth removed? Ask about non-opioid pain management options. Let's discuss what's best for your child.

Suggested link/graphic: https://www.cdc.gov/drugoverdose/pdf/nonopioid_treatments-a.pdf

- Sometimes, opioid pain medications are prescribed for treating severe pain, especially after a surgery. But remember, as soon as you no longer need them for the pain, stop using them and dispose of them safely at a take back program near you. Find one at [MED-Project.org](http://www.MED-Project.org).

Suggested link/graphic: <http://www.MED-Project.org>

- Opioid misuse is a serious thing. If you have a loved one struggling with opioids, visit <http://stopoverdose.org/section/for-families/> for helpful resources for you and other family members. Learn more about Washington's opioid misuse prevention campaign at GetTheFactsRx.com.

Suggested link/graphic: "One honest conversation" Parents downloadable graphic found here: <https://www.getthefactsrx.com/Downloads/>

- If using an opioid prescription to treat pain, be sure to securely lock them up and keep them out of reach of family, friends and loved ones. You can help keep a loved one safe.

Suggested link/graphic: <http://www.stopoverdose.org/section/prescription-opioid-safety/#storing>

- Are you concerned that your child may be taking prescription medicine in ways other than prescribed? Click here for some tips about how to prevent opioid misuse: <https://drugfree.org/article/talk-with-your-kids/>. Learn more about Washington's opioid misuse prevention campaign at GetTheFactsRx.com.

Suggested link/graphic: <https://drugfree.org/article/talk-with-your-kids/>

- Even if taken as directed, all opioids pose a risk for addiction and overdose. They may help control pain at first, but they aren't always necessary. Let's discuss your level of pain and talk about potential alternative options for pain management. For more information, visit: <https://www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf>

Suggested link/graphic:
<https://www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf>

- Opioids are a broad and sometimes confusing category of pain medication. Never be afraid to consult a doctor or expert about whether or not opioids are right for you, how to practice safe storage and what to do with unused or expired medications. For more information visit <https://www.cdc.gov/drugoverdose/opioids/index.html>.

Suggested link/graphic: https://www.cdc.gov/drugoverdose/pdf/nonopioid_treatments-a.pdf