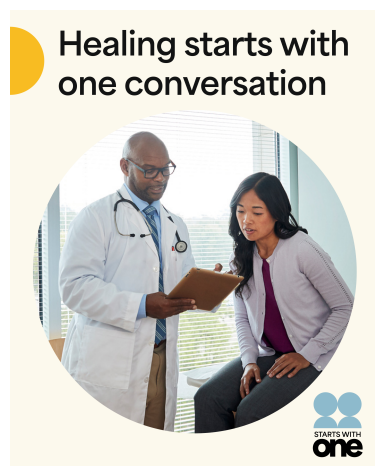




Social media graphics and captions

Download these graphics at [GetTheFactsRx.com/pain-toolkit](https://www.getthefactsrx.com/pain-toolkit) and upload them to your social media pages as posts along with the captions below.

Post 1: Pain Management Resources

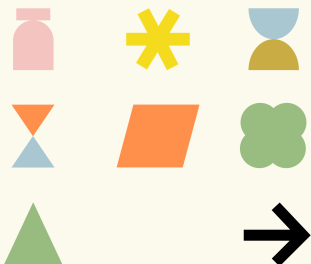


CAPTION:

Being in pain doesn't have to feel like being out of control. There are resources to help you take charge of your health and regain your sense of security. Visit [GetTheFactsRx.com](https://www.getthefactsrx.com) to learn more about your pain management options and how you can work with your provider to create a plan that's right for you.

Post 2: Alternative Pain Management

Explore alternative treatments for pain management



-  Over-the-counter pain relievers
-  Heat and cold therapies
-  Physical therapy, massage, or acupuncture
-  Gentle movement
-  Meditation or pain management apps
-  Art, music, or other welcome distractions
-  Time spent in nature



Learn more:
[GetTheFactsRX.com](https://www.getthefactsrx.com)

CAPTION:

Pain can be part of the healing process, but when it comes to managing pain, you have options. Here are some alternatives to explore:

 Try over-the-counter pain relievers

 Find relief with heat and cold therapies

 Explore alternative therapies such as acupuncture or massage

 Stay active through gentle movement, like a walk, stretch, or other exercise your doctor recommends

 Download meditation or pain management apps, like Headspace, Insight Timer, or Curable

 Distract your mind through hobbies, like reading, art, or music

 Spend time in nature

Learn more about your pain management options at [GetTheFactsRx.com/opioid-alternatives](https://www.getthefactsrx.com/opioid-alternatives)

Post 3: Pain Management Plan

Do you have a pain management plan?
Make sure to talk to your provider about the following topics.



Pain
Pain is part of the healing process. Learn what is normal and what is cause for concern.

● ● ● ● ● ➔



Medications
Know about risks, side effects, specific dosage, and maximum daily limits.

● ● ● ● ● ➔



Recovery
Understand what physical activity you can and can't do and how long recovery typically takes.

● ● ● ● ● ➔

CAPTION:

If you are healing from a physical injury, make a plan to manage your pain. Creating a pain management plan puts you, not your pain, in control of how you heal. Talk to your doctor about building a plan that works for you. Download a customizable pain management plan template at GetTheFactsRx.com/pain-management

(Post 3 Continued)



Support

Decide who will help take care of you and whether you'll need special medical equipment.



Emergencies

Know what to do and who to call in an emergency, after hours, or on the weekend.



Learn more:
GetTheFactsRX.com





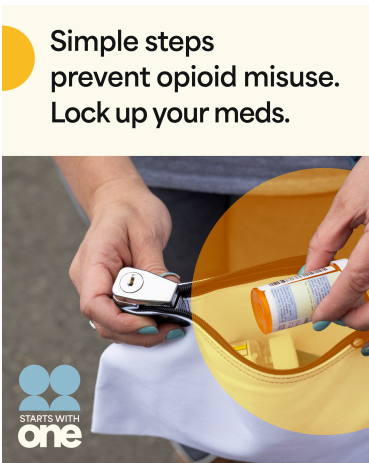
CAPTION:

Simple steps – like safely disposing of leftover prescriptions – can help prevent opioid misuse. Properly dispose of unused, unwanted, or expired medication by:

- ✓ Visiting a local drop-off location near you
- ✓ Ordering a free mail-back envelope without leaving your home

Learn about your options at [GetTheFactsRx.com/storage-disposal](https://www.getthefactsrx.com/storage-disposal)

Post 5: Safe Storage



CAPTION:

Did you know? Nearly half of people misusing pain relievers, including prescription opioids, get them from a friend or family member.

Locking up your meds is a simple way you can prevent prescriptions from getting into the wrong hands and being misused. Keep your loved ones safe.

Learn more at [GetTheFactsRx.com/storage-disposal](https://www.getthefactsrx.com/storage-disposal)
