

NON-ADDICTIVE **TREATMENTS OF PAIN**

NON-MEDICATION:

- ❖ Hot or Cold Packs
- ❖ Stretching / Limited motion exercises
- ❖ Deep Breathing
- ❖ Bio-feedback
- ❖ Relaxation Tapes
- ❖ TENS unit (electrical stimulation)

MEDICATION:

- ❖ NSAIDs (Non-Steroidal Anti-Inflammatory Drugs):
 - Motrin[®], Advil[®], Aleve[®], Toradol[®], Daypro[®], Clinoril[®], Vioxx, Celebrex, Mobic, many more
- ❖ Steroids (anti-inflammatory):
 - Prednisone, Methylprednisone, many more
- ❖ Muscle Relaxants (non-addictive):
 - Skelaxin[®], Robaxin[®], others
- ❖ Antidepressants – for neuropathic (nerve) pain:
 - Tricyclic Antidepressants (TCAs) – Elavil[®], Tofranil[®], others
 - Effexor[®], Serzone[®]
- ❖ Anticonvulsants - for neuropathic (nerve) pain:
 - Depakote[®], Depakene[®], Tegretol[®], Neurontin[®], others
- ❖ Antihistamines:
 - Atarax[®], Vistaril[®], Benadryl[®], others
- ❖ Patches and Creams:
 - Catapres TTS[®] Patch, BenGay[®], Aspercreme[®], Flexall 454[®], Arthriticare[®], Therapatch[®], Ela-max[®], Lidoderm[®]

NON-ADDICTIVE **TREATMENTS OF INSOMNIA**

NON-MEDICATION:

- ❖ Warm Milk and Toast with Jelly
- ❖ Juice or Graham Crackers
 - Think low-protein, high carbohydrate!
- ❖ Hot Bath or Shower
- ❖ Reading a Book or Magazine
- ❖ Relaxation Techniques & Tapes
- ❖ Deep Breathing Exercises
- ❖ Expressing Yourself to Peers and Staff
 - Maybe by talking it out, you'll be able to fall asleep

MEDICATION:

- ❖ Desyrel[®], Tricyclic Antidepressants, Remeron[®], Serzone[®], Ambien[®] (5 to 10mg), Benadryl[®] and other antihistamines

MEDICATIONS & DRUGS THAT CAN CAUSE INSOMNIA

- ❖ Amphetamines, steroids, Wellbutrin[®], cocaine, Selective Serotonin Reuptake Inhibitors / SSRIs (Prozac[®], Paxil[®], Zoloft[®], Celexa[®], Luvox[®])
- ❖ Avoid caffeine, soda, and other stimulating substances late in the day.

REMEMBER:

- ✓ Mid-afternoon exercise aids sleep.
- ✓ Alcohol and tobacco upset sleep.
- ✓ Naps often make it difficult to sleep at night.