

Opioid Safety Guide

Pain can be scary but it is a normal part of the healing process after surgery.

Your healthcare provider will prescribe medication to manage your pain. However, opioids are addictive. It is our goal to reduce the number of pills you have to take.

A clinically-proven pathway is through proper use of **cold therapy**, which has been shown to significantly relieve pain without the use of opioids.

Cold therapy combined with compression reduces swelling and inflammation which is the cause of pain. By reducing blood flow to the injured site, pain can be relieved.

Use the **Graymont X Universal Wrap** and **SnoPaks** you receive for up to 4 hours of reusable constant cold therapy.

(Flip for opioid disposal instructions)



Proper Disposal

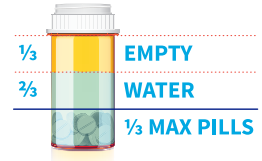
It is important to properly dispose of your opioid medication when you no longer need it.

Included in your pack you will find a DisposeRx packet which will assist in safe and easy disposal of your leftover pills.



Instructions for Disposal

1. Add warm tap water until vial is up to 2/3 full.



2. Empty contents into vial, replace cap and shake for 30 seconds. Then discard in trash.
Do not consume.

