



Pain medications, whether over-the-counter or prescription strength, can aid in the management of chronic and various types of pain. Because these are potent medications, it's critical to utilise them with caution. Start with the safest medications at the lowest effective dose for the shortest time possible and work your way up as needed.

Be aware of any potential adverse effects as well as interactions with other medications and supplements you may be taking. Also, always follow the label guidelines or your doctor's prescription.

1. Pain relievers available over-the-counter

The following are examples of over-the-counter (OTC) pain relievers:

1. Acetaminophen

2. Ibuprofen

Acetaminophen and non-steroidal anti-inflammatory drugs (NSAIDs) are commonly used to relieve pain and reduce inflammation (swelling, heat, redness related to an injury, and irritation). Acetaminophen is used for pain relief, while NSAIDs are used for both pain relief and inflammation reduction.

become addicted to them. However, if used to manage chronic pain, there is a genuine and very severe risk of addiction.

Opioid side effects may include:

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