

# Non-Opioid Pain Management Tips and Tricks

Presented by:  
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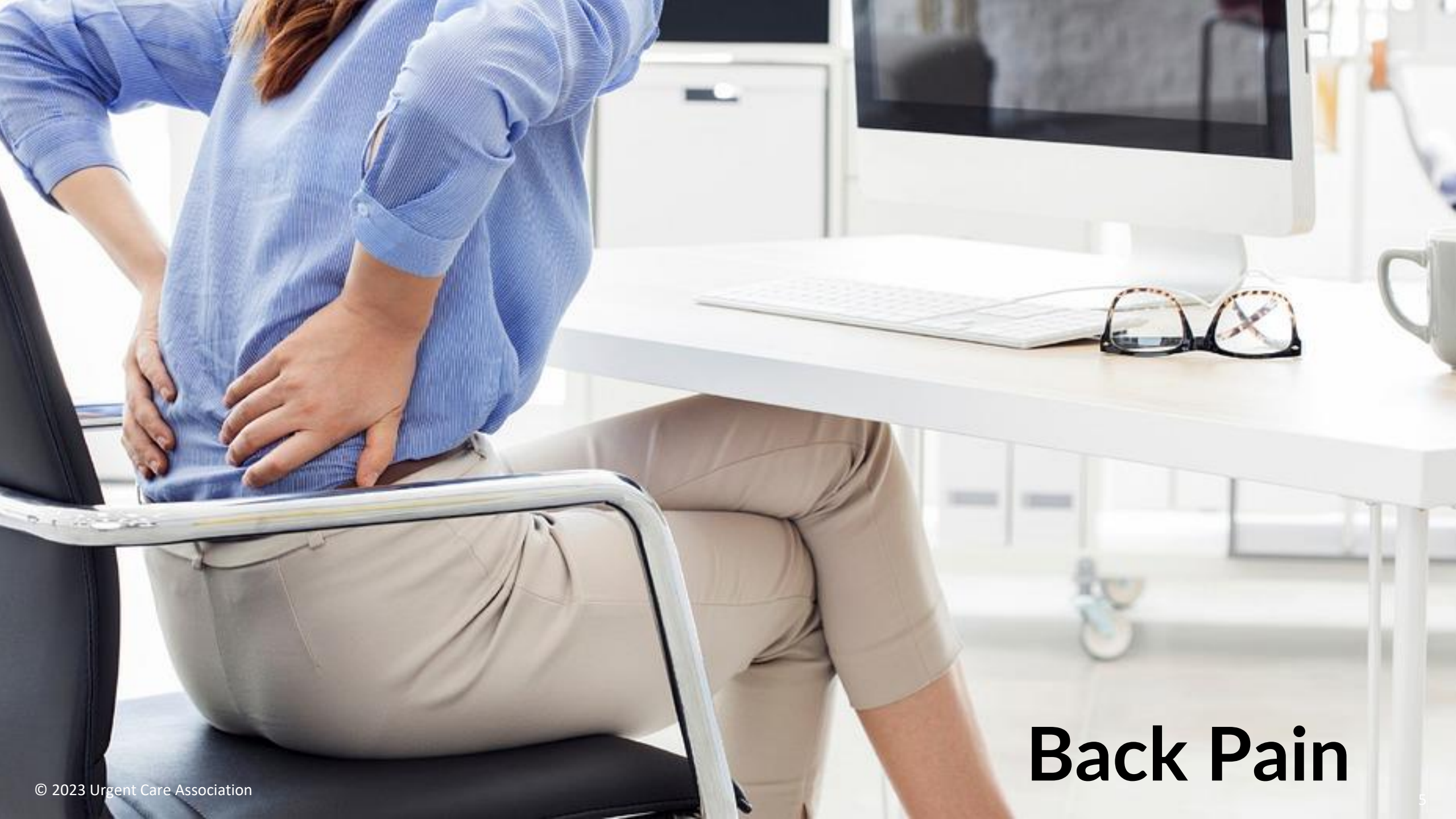
Presented by UCA Affiliate

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EDUCATION









# Back Pain



# Start simple

- Hot and cold therapy
- Movement



# Patient Oriented Plan



# OTC Oral Analgesics

- **Ibuprofen**
  - 400mg every 3-4 hr
- **Acetaminophen**
  - 500mg every 3-4 hr



# Topical Therapies Work!

- Diclofenac
- Lidocaine
- Capsaicin



# Breakthrough Medications

A hand is shown breaking through a hole in a white wall. The hand is clenched into a fist, and the wall is torn around it, revealing a dark background behind. The overall image conveys a sense of breakthrough and achievement.

- Muscle relaxants
- Opiates

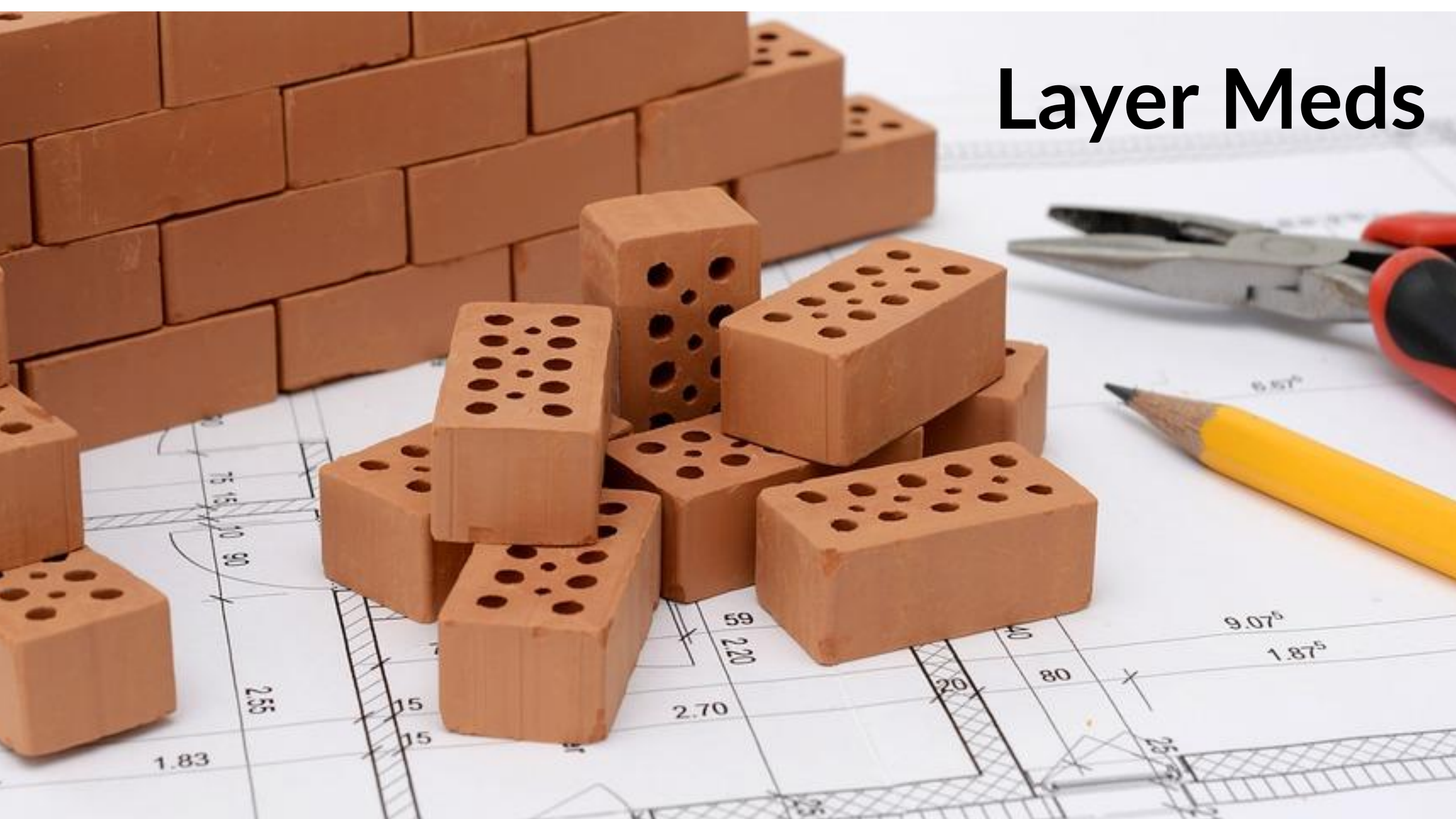


**STOP**

# Dental Pain



# Layer Meds



**Acetaminophen/Ibuprofen**

**>**

**Opiates**



**Have you ever done a  
dental block ?**

**YES**

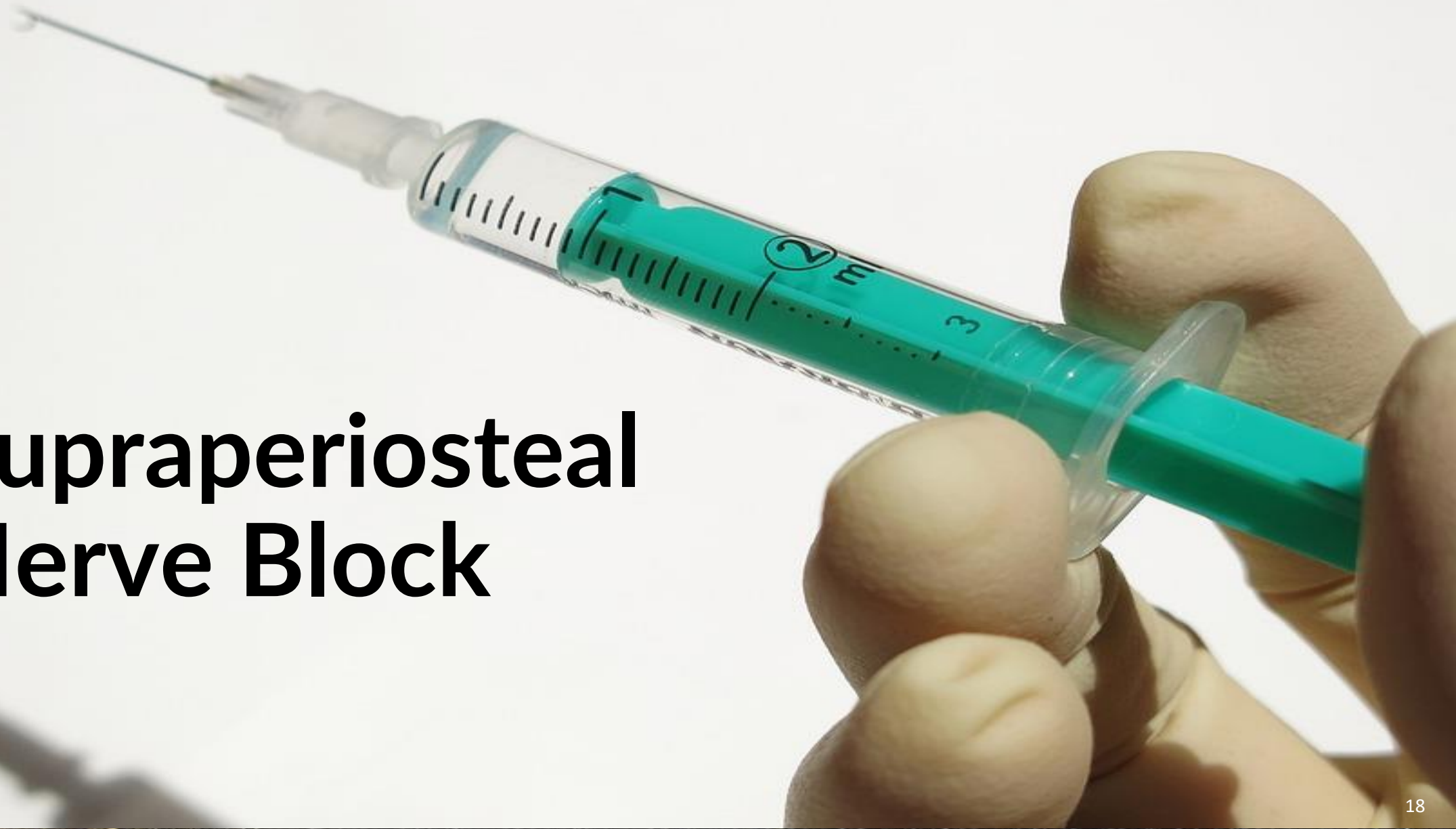
**NO**



# Dental Nerve Blocks



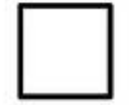
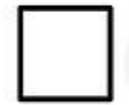
# Supraperiosteal Nerve Block



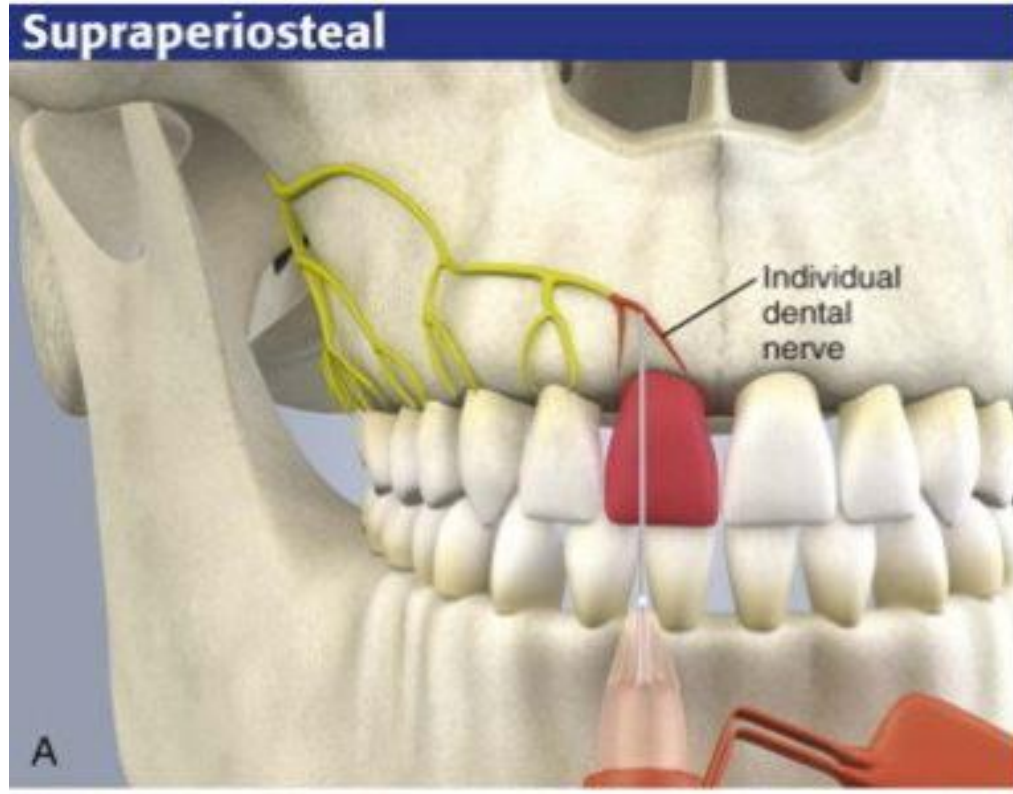
# Equipment

- 5 cc Syringe
- 25-27 gauge needle, 1.5 in long
- Lidocaine +/- epinephrine
- Bupivacaine +/- epinephrine
- Non-sterile gloves
- Suction and light source

## *CHECKLIST*



# Anatomy



# Procedure

- **Dry area**
- **Apply anesthetic**
- **Reassess in 10 minutes**





# Extremity Pain And Fractures



**Acetaminophen**

**=**

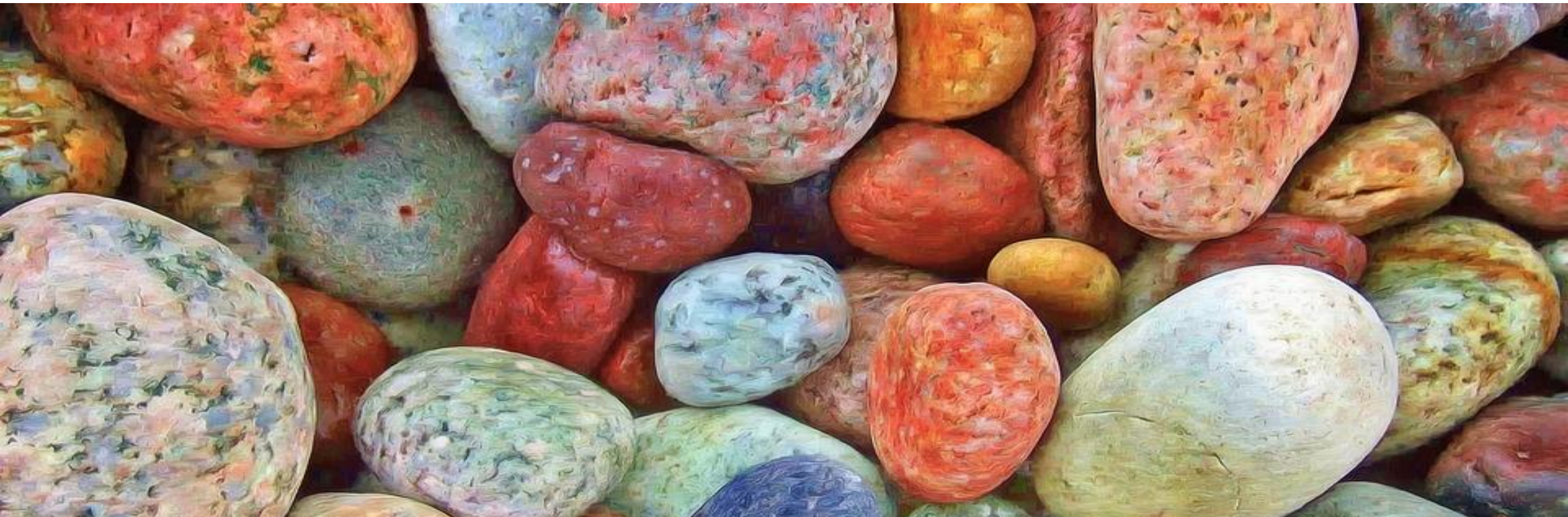
**Ibuprofen**

**=**

**Opiates**



# Renal Colic



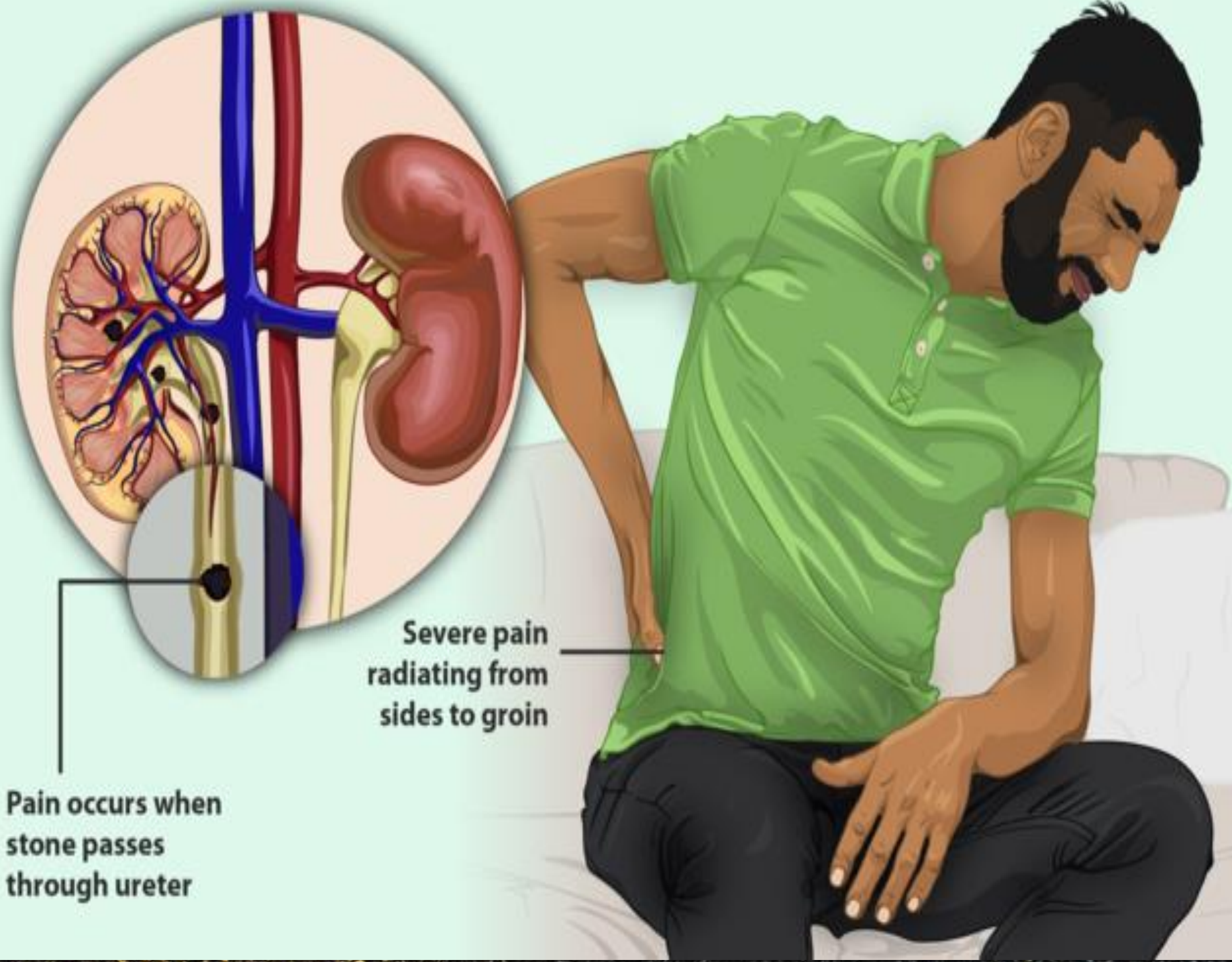


**Acetaminophen/Ibuprofen**

**>**

**Opiates**





Severe pain radiating from sides to groin

Pain occurs when stone passes through ureter

# Migraines



**Have you ever performed a  
Migraine block ?**

**YES**

**NO**



# Occipital Nerve Block



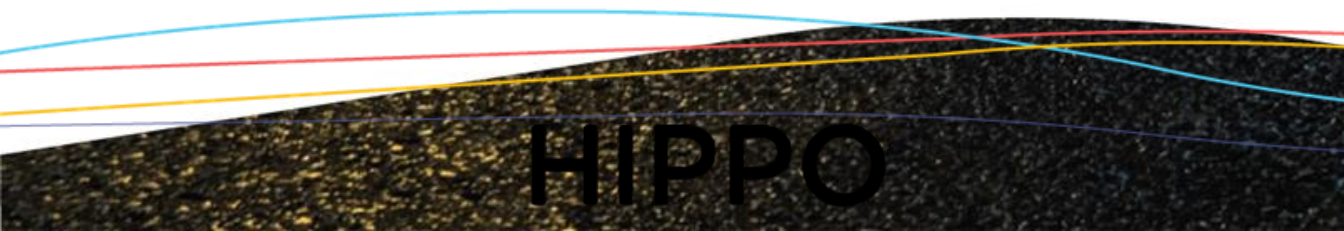
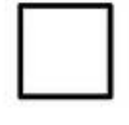
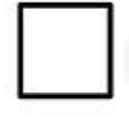
Customer  
Proprietorship

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# Equipment

- 10 cc syringe
- Anesthetic
- Alcohol swab
- 27 gauge syringe 1.25 in length

## *CHECKLIST*





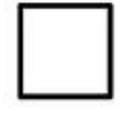
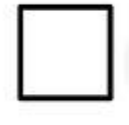
# Paracervical Trigger Point Injection

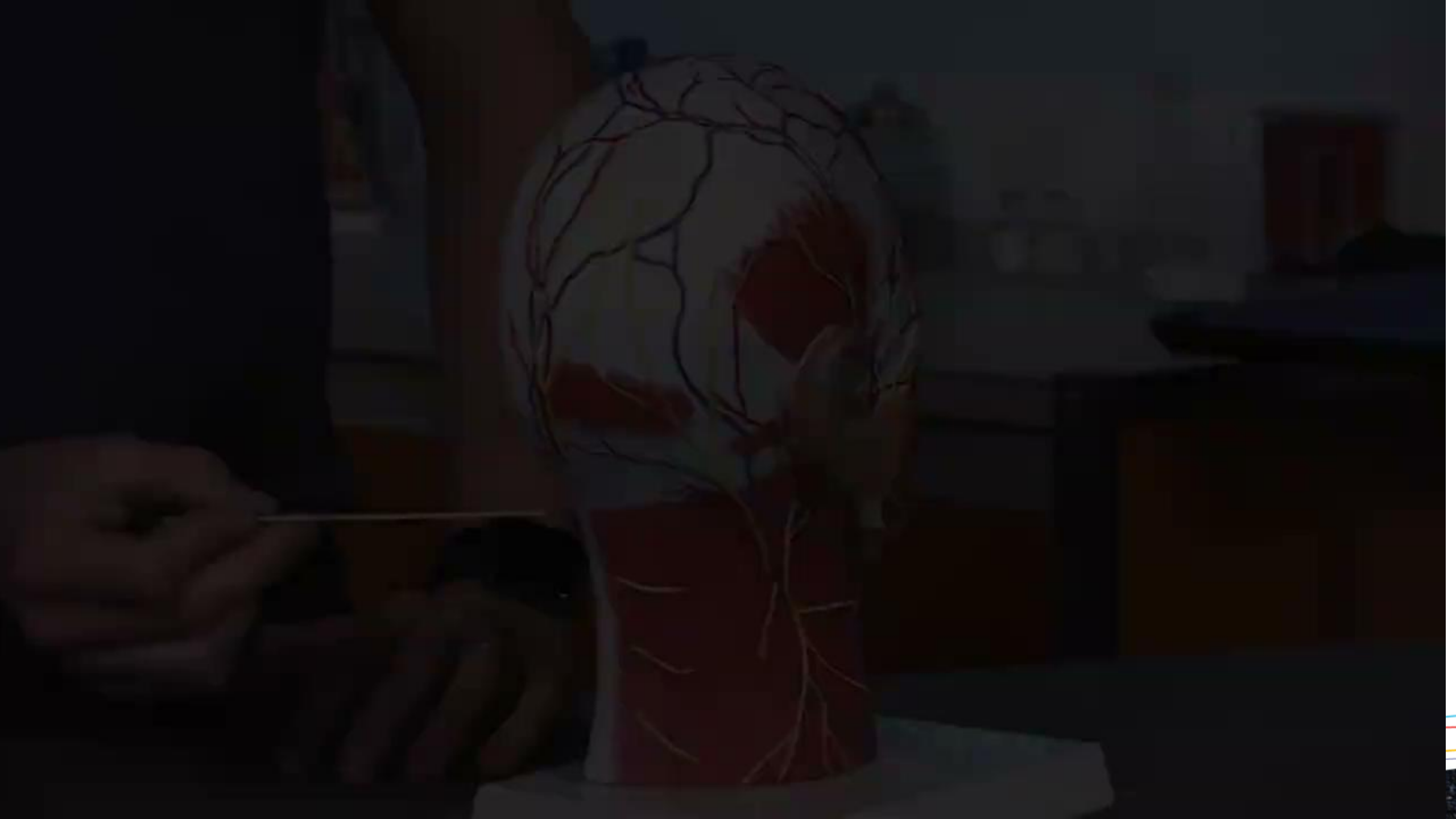


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## *CHECKLIST*







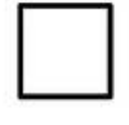
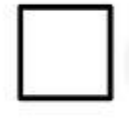
# Sphenopalatine Nerve Block

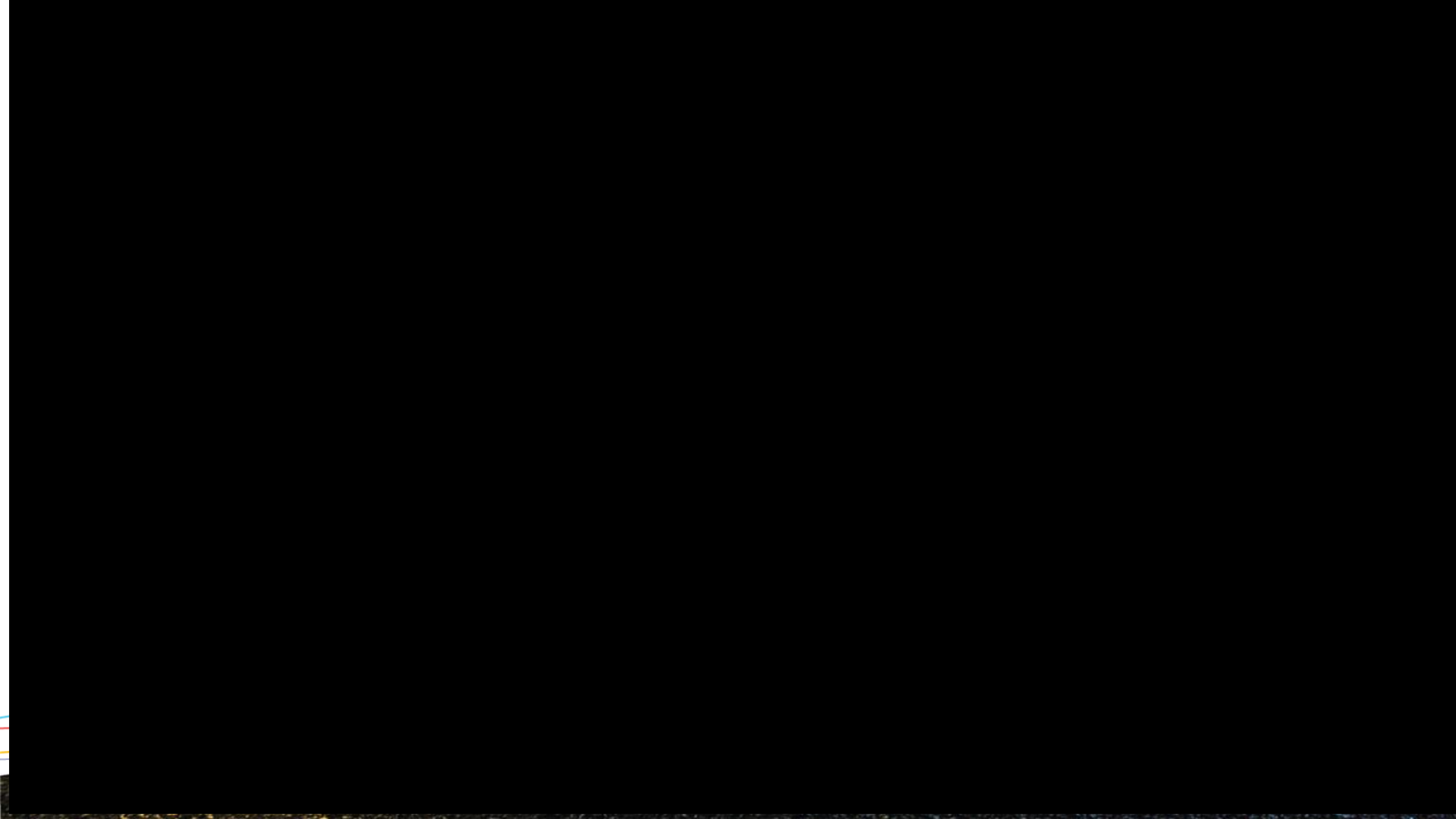


# Equipment

- Pre-procedure
  - 4 % viscous lidocaine
  - Atomizer
- Intra-Procedure
  - Cotton tip applicator
  - Anesthetic

## *CHECKLIST*









# Questions?

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- To claim CME, you must complete a separate survey available after the convention.

\* How likely are you to recommend this **content** to a colleague?

Not likely at all                      Neutral                      Extremely likely

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What did you find most valuable about this **content**?

What would have made this **content** better?