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Narcotic Use

Alternatives to narcotic prescription medication include: ice, elevation, rest, Tylenol, Benadryl, Advil or Aleve (depending on your allergies, other medications & medical conditions), acupuncture, physical therapy, topical OTC & Rx medications, counseling & yoga.

A narcotic prescription is necessary to try and reduce acute pain that is not controlled by the above alternatives.

Do not take the narcotic with alcohol or other narcotic, mood altering prescriptions.

Narcotics are highly addictive. You can get dependent on them physically & psychologically.

You can die if you take too many narcotics or mix a narcotic with another prescription.