

Manage pain without opioids

Opioid use can lead to side effects like dependence and addiction. At Aetna, we believe there are many ways to relieve pain without using opioids.

There's a better way

This surgeon is trained to administer **EXPAREL**[®], which can be used for many surgical procedures. Unlike opioids, alternative treatments like EXPAREL provide pain control without the risk of addiction.

Did you know

20%

of patients with an initial 10-day opioid prescription are still on them after a year?¹

Remember to always talk with your doctor about pain management options.



EXPAREL²:

- Is administered one time during surgery and works directly at the surgical site
- Provides pain control for the first few days after surgery
- Is non-addictive and easier to manage than opioids

Find more information about EXPAREL for [members](#) and [providers](#).



More about opioid alternatives

- Nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen relieve pain and reduce inflammation.
- Acetaminophen is a safe, non-opioid pain treatment option available over the counter.

¹Shah A, Hayes CJ, Martin BC. Characteristics of initial prescription episodes and likelihood of long-term opioid use — United States, 2006-2015. Morbidity and Mortality Weekly Report. March 2017; 66 (10): 265-269. Available at: cdc.gov/mmwr/volumes/66/wr/mm6610a1.htm. Accessed March 29, 2018.

²Pacira Pharmaceuticals, Inc. FAQs. Available at: exparel.com/patient/faq. Accessed March 29, 2018.

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