

Safe Pain-Relief & Complementary Therapy

About This Resource

People with liver disease often need pain relief or complementary therapies, but not all treatments are safe for the liver. These programs and resources provide guidance on medication safety, supplement use, and evidence-based alternative approaches to manage pain and improve well-being.

Pain-Relief Safety Resources

- **Acetaminophen Safety**

Tips for safe dosing and awareness of hidden acetaminophen in combination products.

 [knowyourdose.org](https://www.knowyourdose.org) |  [Liver Foundation Acetaminophen Info](https://www.liverfoundation.org/acetaminophen) [[liverfoundation.org](https://www.liverfoundation.org)]

- **U.S. Food & Drug Administration (FDA) – Drug Safety Communications**

Current medication warnings, recalls, and drug-interaction updates.

 [fda.gov/drugs](https://www.fda.gov/drugs)

- **MedlinePlus – Pain Relievers**

Details of over-the-counter and prescription medications.

 [medlineplus.gov/druginformation.html](https://www.medlineplus.gov/druginformation.html)

Complementary & Integrative Therapy Information

- **National Center for Complementary and Integrative Health (NCCIH)**

Research-based information on supplements, acupuncture, yoga, and mind–body therapies.

 [nccih.nih.gov](https://www.nccih.nih.gov)

Local & Supportive Therapy Options

- **Texas Liver Care – Pain & Symptom Coordination**

Guidance on safe medication use, symptom management, and integrative approaches.

 (682) 427-0200 |  [texaslivercare.org](https://www.texaslivercare.org)

TLC Tips – Managing Pain Safely

- Avoid NSAIDs (ibuprofen, naproxen, diclofenac) unless approved by your provider.
- Use only one product containing acetaminophen at a time (maximum 2,000 mg/day).
- Tell your provider about all herbal or “natural” supplements — some can cause serious liver injury.
- Try non-drug methods such as stretching, gentle yoga, heat, or relaxation breathing.
- Discuss ongoing or chronic pain early — don’t wait until symptoms worsen.

For Support & Questions

Texas Liver Care | (682) 427-0200 | [TexasLiverCare.org](https://www.TexasLiverCare.org) | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

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