

## Mayo Clinic Minute

### When Are Painkillers OK?

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	This can be a common scenario: raiding the medicine cabinet for leftover painkillers after a sprained ankle or toothache. There's nothing wrong with popping an occasional opioid, right?
<b>Mike Hooten, M.D. Anesthesiology Mayo Clinic</b>	"They are dangerous. They could have adverse effects that the individual doesn't even know about."
<b>Vivien Williams</b>	Including addiction or accidental overdose. So, when is it appropriate to take opioids?
<b>Mike Hooten, M.D.</b>	"After an operation, opioids are highly effective."
<b>Vivien Williams</b>	Dr. Mike Hooten is a pain management specialist at Mayo Clinic.
<b>Mike Hooten, M.D.</b>	"After trauma, for example, severe trauma, opioids would be appropriate."
<b>Vivien Williams</b>	Dr. Hooten says opioids are also beneficial during procedures, such as colonoscopies. Problems happen when people take them without a prescription or for too long.
<b>Mike Hooten, M.D.</b>	"If they are predisposed to develop addiction, either neurobiologically or from a behavioral perspective, then all of a sudden we are selecting the individuals who may go on to have long-term problems."
<b>Vivien Williams</b>	If you have pain, talk to your health care provider. For the Mayo Clinic News Network, I'm Vivien Williams.