



**THE TWO TYPES OF PAIN RELIEVERS:**  
**IMMEDIATE AND DELAYED**

The key to good control of pain in adhesive arachnoiditis (AA) and other severe painful conditions (i.e., pudendal neuropathy, bone on bone arthritis, etc.) is a combination of immediate (direct) and delayed (indirect) pain relievers. This is an advance in pain management brought about by the discovery of multiple delayed or indirect pain relievers that can permanently reduce pain.

**Immediate Pain Relievers:** This is a medicinal that enters the bloodstream and attaches to a specific receptor that relieves pain. The main receptors are opioid/endorphin, gamma aminobutyric acid (GABA), and dopamine. Cannabinoid and serotonin receptors may also relieve some pain. Immediate pain relievers provide pain relief within one hour after ingestion. Opioid drugs are the immediate leaders usually essential for AA and other severe painful conditions. GABA medicinals, now called neuropathic agents, are secondary and include gabapentin, pregabalin (Lyrica®), baclofen, diazepam, and other benzodiazepines.

**Table: Popular Immediate Pain Relief Medicinals**

**Short-acting Low Potency Opioids: tramadol (Ultram®), codeine compound, hydrocodone (Vicodin®, Norco®), Oxycodone (Percocet®), buprenorphine (Subutex® or other)**

**Delayed Pain Relievers:** These medicinals act by forming a metabolite, suppressing inflammation, and/or regenerating damaged/injured tissues. Time from ingestion to first relief of pain may start within 24 to 72 hours but full effect may take 1 to 3 weeks. These new discoveries include herbals, peptides, and hormones. While these new discoveries do not suffice for the day-to-day flares of intractable pain patients, they lower baseline or background pain and reduce severity and frequency of flares. Many of the newly discovered delayed pain relievers can be obtained over the counter or internet.

**Table: Popular Delayed Pain Relief Medicinals**

**Palmitoylethanolamide (PEA), pregnenolone, DHEA, KPV, BPC-157, thymosin, nandrolone, HCG**

**Summary:** Our recommendation to control the severe chronic pain of AA and other severe painful conditions is to first identify an immediate pain reliever that provides relief within one hour. Once identified, begin one or more delayed pain relief medicinals to permanently reduce your pain.