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What Is Tramadol?

Tramadol is an opioid analgesic sold under the brand name *Ultram*. It is commonly used to treat and manage moderate to severe pain when all other non-opioid pain medications fail to work or are ineffective on the pain.

Tramadol directly works on the opioid receptors in the central nervous system of the brain. It reduces the feeling of pain by interrupting the way nerves signal the pain between the brain and the body.

It is FDA-approved, as it complies with its safe-to-use regulation, and is recommended to be used on a doctor's prescription only for short-term treatment of pain.

Being an opioid analgesic (a medicine used to relieve pain), it has a higher potential for abuse and misuse, and taking it regularly for a prolonged period can develop a dependency that leads to addiction over time.

Who Should Use Tramadol?

- Those who are suffering from any type of moderate to severe pain can safely use this medication on a doctor's prescription to get instant relief from pain.
- Tramadol is usually recommended for the treatment of chronic long-term pain, and it is often used to treat severe and chronic pain.
- Tramadol is used when non-opioid medications are not sufficient for the treatment and management of pain or are ineffective or easily tolerated.
- Talk to your doctor if you are a habitual drinker or if you have any substance use disorder before using this medication to prevent any adverse effects that can be harmful to your health.

Who Should Not Take Tramadol?

You must avoid using it if you have or are suffering from any of these health conditions –

- Head injury
- Obesity
- Lung disease
- Seizures or fits
- Breathing conditions
- Kidney or liver problems
- Allergic reaction to Tramadol
- Children with a higher risk of breathing problems
- An addiction to alcohol, strong painkillers, or recreational drugs
- Children younger than 12 years of age
- Obstructive sleep apnea
- Breastfeeding, fertility, or pregnancy

Dosing Information

The dose of this medication depends on factors such as age, health, and in-depth assessment by a doctor. It is prescribed for short-term pain due to its potential for abuse, misuse, and addiction.

For Acute Pain

- The initial dose to treat acute pain in adults is 50 mg – 100 mg, administered to be taken every 4 to 6 hours. The dose should not exceed more than a maximum of 400 mg in a day.

For Chronic Non-Cancerous Pain

- The initial recommended dose for 18 years or older is Tramadol 100 mg, to be taken orally once a day. The dose may later be increased to 150, 200, or 250 mg after an interval of 5 days. The maximum dosage of this medication to be taken in a day is 300 mg.
- Tramadol is not recommended for pediatric patients and to treat cancer pain.

Tramadol Side Effects

Immediately contact a doctor or a healthcare professional if you experience any of the signs and symptoms of side effects while using this medication to cure them before it can cause any serious health problems.

Common Side Effects Of Tramadol

- Headache
- Sleepiness or tiredness
- Nausea and vomiting
- Dizziness
- Stomach pain
- Itching

Some Serious Side Effects Of Tramadol

- Breathing Problems – Tramadol may cause slow or shallow breathing, especially if you already have breathing problems caused due to other conditions or if you take other medications that affect breathing.
- Serotonin syndrome – If you have too much serotonin in your body, using Tramadol and other medicines that affect serotonin can cause serotonin syndrome.
- Seizures – The use of Tramadol has been reported to cause seizures sometimes. Seizures are of many different types and are not easy to recognize.
- Suicidal thoughts – In some cases, if not used according to a doctor's prescription, it can cause thoughts of suicide.
- Reduced Adrenal functions – Using Tramadol in the long term can cause your body's adrenal glands to stop making cortisol (the stress hormone), which is known as adrenal insufficiency. It can get worse if your body is under stress due to fever, surgery, or trauma.
- Low-Blood Pressure – Tramadol may lower your blood pressure. Contact a doctor immediately if you experience fainting, dizziness, or an urge to lie down.

- Severe Skin Reactions – Contact a doctor if you experience itching, rashes, swelling, or hives on your skin.

What To Avoid While Using Tramadol?

To prevent any severe side effects, withdrawal symptoms, and drug interaction. You must know these things before using tramadol to ensure its safety and effectiveness.

- Talk to your doctor if you are a habitual drinker or if you have any substance use disorder before using this medication to prevent any adverse effects that can be harmful to your health.
- Pregnant women should avoid using tramadol, as it causes premature birth of the baby.
- Avoid overdosing or increasing the dose, as it can lead to respiratory depression.
- Do not use this medication regularly, more often, or for a prolonged period of time to avoid dependency and addiction to it.
- Avoid using tramadol if you have liver or kidney problems or if you are 65 years or older.
- Do not take any other opioid medication while using Tramadol. Otherwise, it can lead to severe drug interactions that may prove to be fatal to your health.
- Children below 12 years of age should not use this medication without consulting a doctor.

Final Words

Tramadol contains a higher risk of abuse and misuse, and using this medication on a regular basis for a prolonged period can cause dependency that can lead to addiction. So, you must remember to take the doses as prescribed by your doctor.

The WHO (World Health Organization) expert committee talked about drug dependence and later concluded that tramadol has a higher risk of addiction that is similar to opioid medications such as morphine.