



Endometriosis Pain Management:

Ultimate Master List



Created by: u/breakfastpistachio

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⚠ Disclaimer: This document is for informational purposes only. It is not medical advice. Always check with your doctor, pharmacist, or healthcare provider before starting, changing, or combining any treatments. Also, this was written in Canada, where the drugs listed below are legal. Always check your local laws & regulations.



Heat & Cold Therapies

- Heating pads (electric infrared wearable belts) → Increase blood flow, relax pelvic muscles, soothe cramping.
- Hot baths / hot showers → Full-body relaxation, muscle tension release, mental calming.
- Mini hot water bottles (portable) → Targeted heat on abdomen or back, discreet for work/school.
- Stick-on heat patches (ThermaCare, Hoteez, Kmart belt) → Long-lasting (6–12 hrs) portable warmth.
- Epsom salt baths → Heat + magnesium absorbed through skin, may relax muscles.
- Ice packs / cold compresses / ice baths → Reduce inflammation and numb sharp pain.
- Castor oil packs heat → Traditional method for reducing pelvic inflammation.
- Castor oil massage (without heat) → Gentler option.
- Topical balms (menthol/capsaicin) → Cooling/warming counter-stimulation.
- Sauna sessions → Deep heat to ease stiffness and circulation.
- Heating massage chair → Combines heat therapy with relaxation.
- Weighted blanket → Deep pressure stimulation, reduces anxiety and pain perception.



Devices & Physical Tools

- TENS units (Ovira, Aura, TENS 7000) → Electrical impulses block/reduce pain signals.
- Wearable heat vibration belts → Combine warmth and massage.
- Red-light therapy bands → Low-level light, may reduce inflammation.
- Massage guns (hips/back/glutes) → Release tension in supporting muscles.
- Foam rolling / myofascial release → Loosens tight fascia in hips/lower back.
- Pelvic wand massager dilators → Desensitize and release pelvic floor muscles.
- IntimateRose wand lube → For guided pelvic PT.
- Smart wearables (MIMA prototype) → Bluetooth-controlled heating underwear (experimental).
- Ergonomic chairs/pillows → Reduce pelvic/back strain when sitting.
- Tracking apps (Clue, EndoDiary) → Identify triggers and flare patterns.

Medications, Patches & Infusions

- NSAIDs (ibuprofen, naproxen, ketorolac, meloxicam, mefenamic acid, celecoxib, diclofenac, etodolac, aspirin, Duexis, Vimovo, metamizol) → Reduce prostaglandins and inflammation.
⚠️ Note: Long-term NSAID use can damage the stomach. Pair with pantoprazole (PPI) or GI-protective combos like Duexis/Vimovo.
- Acetaminophen → General pain relief, easier on stomach.
- Muscle relaxers (cyclobenzaprine, baclofen, methocarbamol, tizanidine, clonidine, norflex, metaxalone, dicyclomine, diazepam) → Reduce pelvic and GI spasms.
- Nerve pain meds & certain SNRIs (gabapentin, pregabalin, amitriptyline, nortriptyline, duloxetine) → Target neuropathic pain.
- Opioids (tramadol, codeine, tapentadol, hydrocodone, morphine, oxycodone, hydromorphone, fentanyl, buprenorphine) → Stronger options for severe pain.
⚠️ Note: Opioids are highly addictive and can be problematic for some. This is not medical advice. Please see the disclaimer above.
- Other meds: low-dose naltrexone, promethazine, lidocaine patches/I.V. infusions, ketamine (infusion or nasal spray), methylprednisone.

Interventional & Surgical Treatments

- Trigger point injections
- Pudendal nerve block / radiofrequency ablation
- Peripheral nerve block
- Superior/inferior hypogastric plexus block / ablation
- Celiac plexus block / ablation
- Spinal cord stimulator (implanted)
- Intrathecal pain pump (implanted)
- Sacral nerve stimulation (neuromodulation)
- Botox injections (pelvic floor spasm)
- Excision surgery (gold standard for lesion removal)

Cannabis, CBD & Alternatives

- CBD oil (sublingual/capsules) → Anti-inflammatory, calming.
- Balanced CBD:THC oils (1:1) → Effective combo for many.
- THC (flower, vapes, edibles, gummies) → Pain relief + sleep.
- CBD/THC lube → For painful sex.
- RSO (Rick Simpson Oil) → Potent cannabis extract.
- Kratom → Opioid-like herb; controversial but used by some.

Teas, Diet & Nutritional Supports

Teas & Juices

- Anti-inflammatory teas (ginger, peppermint, chamomile, raspberry leaf, cramp bark)
- Hibiscus tea, tart cherry juice, coconut water.

✨ ✨ Anti-inflammatory Supplements & Antioxidant Support

- Curcumin / Turmeric → Potent anti-inflammatory.
- Resveratrol → Antioxidant, reduces angiogenesis.
- Quercetin → Mast cell stabilizer, lowers oxidative stress.
- N-Acetylcysteine (NAC) → Boosts glutathione, may shrink cysts.
- Alpha-lipoic acid (ALA) → Antioxidant + mitochondrial support.
- Melatonin → Antioxidant, reduces pain + improves sleep.
- Omega-3 fatty acids (EPA/DHA) → Anti-inflammatory, may reduce cramps.
- Vitamin C → Antioxidant, immune support.
- Vitamin E → Works with Vitamin C to reduce pain.
- Green Tea Extract (EGCG) → Inhibits new blood vessel growth.
- Ginger → Anti-inflammatory, reduces pain & nausea.

✨ ✨ Hormone & Cycle Support

- Vitamin D → Immune & hormone modulation.
- B-Complex (B6, B12, Folate) → Hormone metabolism, mood.
- Inositol → Supports insulin/hormone balance.
- Magnesium glycinate/citrate → Muscle relaxant, supports sleep.
- Zinc → Hormone + immune support.
- Selenium → Antioxidant.
- DIM (Diindolylmethane) → Estrogen metabolism.
- Calcium-D-glucarate → Supports liver detox of estrogen.

✨ ✨ Mitochondrial & Energy Support

- CoQ10 → Boosts cellular energy.
- Carnitine (L-carnitine, Acetyl-L-carnitine) → Supports energy + reduces fatigue.

✨ ✨ Botanicals & Specialized Extracts

- Milk Thistle → Liver + detox support.
- Ashwagandha → Stress & cortisol balance.
- Boswellia (Frankincense) → Anti-inflammatory.
- Pycnogenol → Pain relief, reduced recurrence.
- Propolis → Anti-inflammatory + immune.

✨ ✨ Gut & Immune Health

- Probiotics → Support gut & vaginal microbiome.
- Fiber (psyllium, flax, etc.) → Helps clear estrogen.
- Iron-rich foods/supplements → For anemia from heavy bleeding.

✨ ✨ Endocannabinoid System Support

- Palmitoylethanolamide (PEA) → Reduces neuroinflammation & pelvic pain (often combined with luteolin).

🌟 Diet

- Mediterranean diet, Low-FODMAP, gluten-free, dairy-free, Whole30, Paleo, plant-based, intermittent fasting. → Diet modifications to eliminate inflammation and flare-ups.
- Seed cycling, olive oil pre-period, pineapple/papaya/mango enzymes.
- Caffeine & Alcohol moderation



Bodywork, Movement & Therapies

- Pelvic floor physical therapy → Manual release of tight pelvic muscles.
- Massage therapy → General or abdominal, improves circulation.
- Acupuncture → Pain & inflammation relief.
- Visceral manipulation massage → Releases abdominal adhesions/tension.
- Mayan abdominal massage → Traditional pelvic massage.
- Yoga (restorative, child's pose, pelvic tilts, stretching).
- Hydrotherapy/swimming → Reduces pelvic pressure.
- Gentle walking / low-impact aerobics.
- Light strength training.
- Water-based yoga / aqua therapy.
- Diaphragm physical therapy → Improves breathing, reduces pelvic tension.
- Rocking/cradle motion.
- Masturbation/orgasm → Endorphins + muscle relaxation.



Mind & Nervous System Regulation

- Cognitive Behavioral Therapy (CBT) → Chronic pain-focused.
- Mindfulness meditation → Stress reduction.
- Breathing exercises → Box breathing, diaphragmatic.
- Positive affirmations & calming music.
- Distraction (TV, games, books).
- Prioritizing rest.
- Support groups (online/IRL).
- Journaling symptoms → Pattern tracking.
- Sleep hygiene optimization.
- Somatic experiencing → Trauma-informed release of body tension.
- Hypnotherapy / guided imagery → Alters pain perception.
- Biofeedback → Teaches muscle/nervous system regulation.
- EMDR (Eye Movement Desensitization Reprocessing) → For trauma linked to pain/medical experiences.



Reddit Hacks & Lifestyle Tricks

- Alternate Tylenol + ibuprofen every 4-6 hrs.
- Start NSAIDs 2–3 days pre-period.
- Cut alcohol 1 week pre-period.
- Empty bowels pre-flare, a squatty-potty may help.
- Loose clothing, cozy blankets, bolsters.
- Jamaican black castor oil on abdomen.

- Ginger tummy drops, sour candy for nausea.
- Stress reduction before cycle.
- Naps during flares.
- Standing desk/walk breaks.
- Mini heat pads for work/school.



Experimental & Research-Based

- rTMS (repetitive transcranial magnetic stimulation) → Clinical trials for chronic pelvic pain.
- AI-guided personalized rehab → Adaptive PT via machine learning.
- Sacral nerve stimulation (neuromodulation) → Implanted device altering nerve signals.
- Magnetic nanofiber drug patches → On-demand drug release (research stage).
- Ketamine infusions → NMDA antagonist for refractory pain.
- Stem cell therapy (research) → Investigated for reducing lesion growth.
- ENDO-CAN trials (CBD/THC extracts) → Ongoing cannabis-based studies.