

Name: \_\_\_\_\_

### 1. Tell us about your pain.

We care about your pain. When you have less pain you can do things that help you get better faster.

Please tell us:

- Where it hurts
- How much it hurts
- How it feels (burning, aching, pressure)

This will help us know how to treat your pain.

### 2. Pain medicine can help.

One way we may manage your pain is with medication. Be sure to ask for pain medicine when you need it and take it as directed at home.

### 3. Tell us about side effects.

Please tell us if you are:

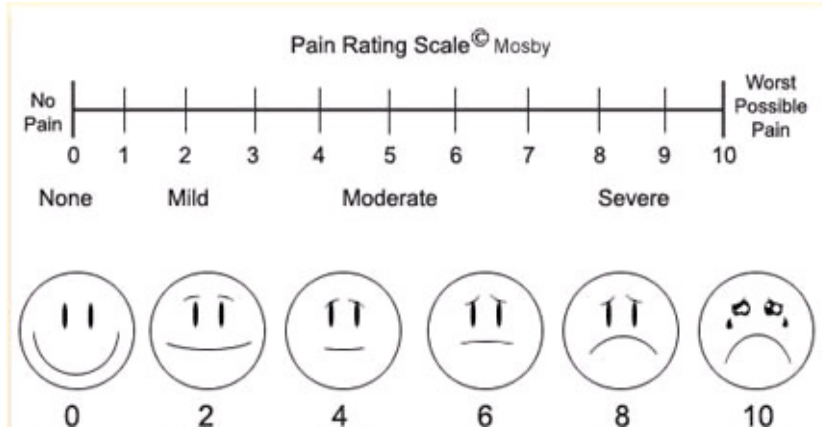
- Itchy
- Dizzy
- Nauseated
- Constipated

We want you to be as comfortable as possible.

### 4. Use the pain scale.

You are the only one who knows how bad your pain is. Your nurse or doctor may ask you to give your pain a number. If 0 is no pain, and 10 is the worst pain possible, what number would you use to describe your pain?

Here is a picture to help you



## 5. Have realistic goals.

You may wonder how much pain to expect. This is different for each person. You should be able to move, cough, and take a deep breath, with only mild discomfort. Moving and deep breathing are very important for getting better after surgery.

## 6. Tell us about your medication.

Tell us about any medications you take, including herbal medicine. This will affect how we manage your surgical pain.

## 7. Use more than medication.

Try some of these methods to reduce your pain:

- Change your position
- Listen to music, watch TV, visit with friends
- Ask someone to gently rub your back or feet
- Use relaxation and deep breathing

## 8. Tell us what works.

Tell us when something helps to relieve your pain. If something does not work, please let us know.

## 9. Obtain discharge instructions before you go home.