

# Pain Management

## Communication is an important part of pain management and your care.

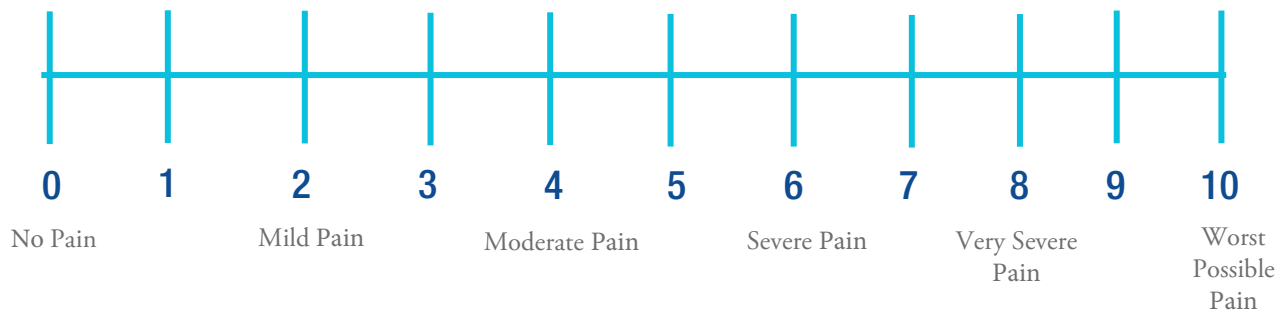
It is important to realize that pain is a part of the healing process. Post-surgical pain helps us to understand your limits when working with Physical Therapy or when you are ambulating with a nurse. An increase in pain medication can result in decreased breathing and drowsiness. Because of this, it is important that you are not over sedated with pain medication. We will do our best to keep your pain at a tolerable level, however, it is likely that you will experience some pain after surgery.

### You should be prepared for us to routinely:

1. How does your pain feel? Possible answers include aching, stabbing, tender, numb, dull, crampy, throbbing, gnawing, burning, penetrating, miserable, radiating, deep, shooting, sharp, exhausting, unbearable, squeezing, pressure.
2. Where is your pain?
3. Is the pain always there or does it come and go?
4. What makes the pain worse and what makes it better?
5. How does the pain affect your sleep, appetite, energy, activity, relationships or mood?
6. Are you experiencing other symptoms with your pain, such as nausea, constipation, vomiting, itching, sleepiness, or difficulty breathing?
7. How would you rate your pain using the following scale?

---

## 0 - 10 Numerical Pain Intensity Scale



## Rate your pain (0 to 10).

Choose the face or use the Intensity Scale to describe how you feel. If 0 is no pain and 10 is the worst possible pain, what is your pain now?

