



Managing Your Pain

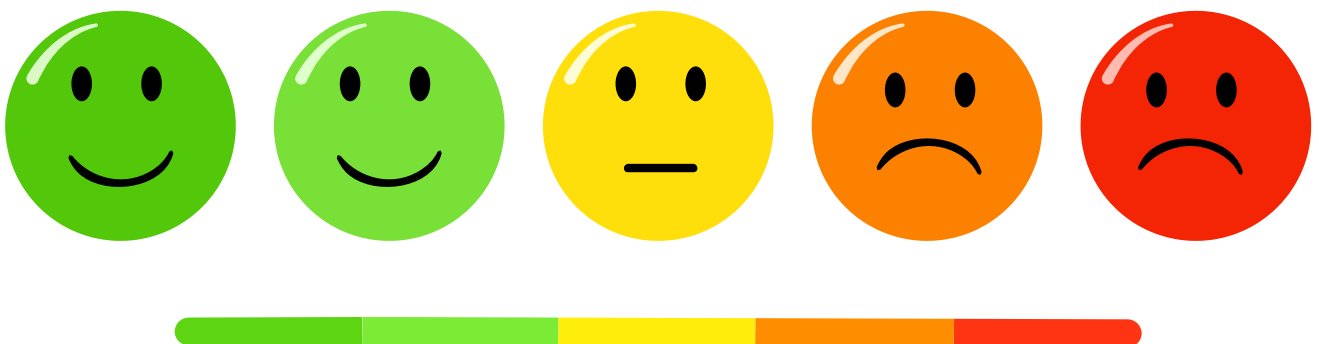
Commitment To Pain Relief

Pain control prevents suffering. It helps you heal faster and return to normal sooner! The staff at The Orthopaedic Surgery Center would like to make this commitment to you.

- Tell you at the time of admission that relief of pain is an important part of your care. We will respond quickly to your reports of pain.
- Ask about the presence, quality, and strength of pain. We will use YOUR report as main indicator of pain.
- Work with you to form a plan for pain relief.
- Review and change the plan if you have pain that is not relieved.

Pain is any feeling of discomfort. Every person feels pain differently. It is important to report your pain to your nurses and doctors.

In order to treat your pain effectively, the staff will ask you to rate your pain/discomfort using a 0 - 10 scale. A rating of "0" means you are experiencing no pain and a rating of "10" means that you are experiencing the worst pain possible. The faces and word labels may help you rate your pain. Using this scale will help the staff understand how the pain feels to you and how effective the pain medication is. Our goal is to make you as comfortable as possible.





Managing Your Pain

There are different ways to manage your pain/discomfort. We will assist you in choosing which methods of pain control are right for you. Combinations of these methods are often used. These methods include:

- Understanding what will happen before and after procedures. This decreases anxiety which also decreases pain.
- Letting the nurses and doctors know what has worked for you in the past.
- Slow rhythmic breathing. To do this, get into a comfortable position. Breathe slowly, deeply and regularly. Feel your body relax. Repeat this as often as needed.
- Finding a position that is comfortable. Change positions as needed.
- Visual imagery. Imagine being in a place that is relaxing and calming.
- Listening to music that you enjoy.
- Thinking positive thoughts.
- Placing ice or heat on the affected area.
- Pain Medicine: This can be given to you in many different forms. The forms in which your pain medication can be given to you are ordered by your doctor and include:
 - A pill or liquid form. This type of pain medication is taken with food or juice. NOT on an empty stomach. This helps digest the medicine better.
 - Through an intravenous (IV) tube in your vein.
 - Pain medicine can also be given directly into a surgical area. This is done by your surgeon during surgery.
 - A shot injected into a muscle (IM or hypo).

No matter which methods are used, it is important to remember:

- Pain control is most effective when action is taken at the time your pain/discomfort begins.
- Take your pain medicine at regular intervals to better manage your pain.
- If you are recovering from surgery, be sure to take your pain medication in the early morning and at bedtime, as well as when needed during the day. This will help you sleep better and it will be easier for you to participate in your care and treatment.
- It is a good idea to take your pain medicine before going to physical therapy or before starting an activity (such as walking).

Although we aim to control your pain/discomfort, for some people pain/discomfort cannot be completely relieved. Our goal is to manage your pain/discomfort by making you as comfortable as possible. We need you to take an active part in managing your pain/discomfort so that you will have optimum pain relief.

When you go home, call your doctor if your pain level is greater than 5 - or is intolerable after you have used your medication and the other suggested ways to manage your pain.