



*Your Guide to  
Pain Management*



# Patient Guide for Pain Management

We believe our patients should have access to the best level of pain relief that may safely be provided. Good pain control will enable you to:

- ◆ get your strength back more quickly
- ◆ do your breathing exercises
- ◆ enjoy greater comfort while you heal
- ◆ get well faster
- ◆ start walking
- ◆ leave the hospital sooner (*possibly*)

Effective pain relief is an important part of our treatment. We want to be informed when your pain is unrelieved. It is essential that you communicate with us.

In order to make this communication most effective, the nurses assigned to care for you will be asking you to rate your pain on the numeric scale shown below.

Please be prepared to tell the nurses what percent of relief you receive from your pain medication. Feel free to ask them questions as well.

You are the key to getting the best pain relief because no one can experience your pain. The amount or type of pain you feel may not be the same as others feel- even those who have had the same operation.

Most treatment plans are centered around medications ordered by your physician. But you may also benefit from slow rhythmic breathing for relaxation. Your nurse can answer questions and explain relaxation techniques to you.

Although it is not practical or desirable to eliminate all postoperative and other acute pain, any unrelieved pain needs to be addressed to make sure there are no underlying problems. We are striving to serve our patients with excellence and to deliver the best quality care.

## Pain Intensity Scale

