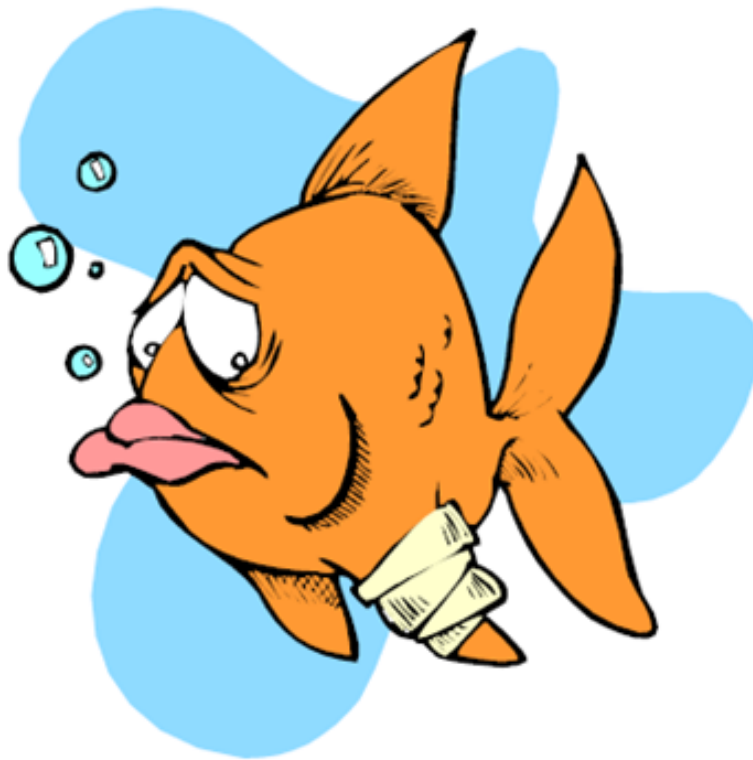


Pain Control After Surgery



CAMBRIDGE
MEMORIAL
HOSPITAL  700 Coronation Blvd.,
Cambridge, ON N1R 3G2
519-621-2330

www.cmh.org

What Is Pain?

- Pain is a very personal experience - pain is what you say it is.
- Do not compare your pain with other patients. Only you know if you have pain and how much.
- Many people avoid pain medicine for fear of becoming addicted. Studies have shown that less than 1% of people in hospital get “hooked” on pain medicine
- It is important for you to report your pain not only at rest, but also during activities such as coughing and walking.
- People describe pain in different ways.

What Does Your Pain Feel Like?

- ◆ Throbbing
- ◆ Shooting
- ◆ Stabbing
- ◆ Cramping
- ◆ Aching
- ◆ Burning
- ◆ Heavy
- ◆ Splitting
- ◆ Sore



As appears in McCaffery M, Pasero C: Pain: Clinical Manual, p. 67, 1998, Mosby, Inc.

What Can You Do To Help Keep Your Pain Under Control?

- ◆ Ask the doctor or nurse what to expect.
- ◆ Will there be much pain after surgery?
- ◆ Where will it occur?
- ◆ How long will it last?
- ◆ What kind of pain medication will I be offered and how often?
- ◆ What side effects may I experience from the medication?
- ◆ Being prepared helps put you in control. You may want to write down your questions before you meet with your doctor or nurse.
- ◆ Take your pain medicine regularly. If your pain does not get better, tell your doctor or nurse.

This is key to proper pain control.

Pain Control Can Help You

Enjoy greater comfort while you heal.

- ◆ Start walking, do your breathing exercises and get your strength back more quickly.

References

American Pain Society. www.ampainsoc.org

McCaffery & Beebe

McGill Pain Questionnaire

RNAO Best Practice Guideline, Assessment and Management of Pain 2003. www.mao.org

Text Credit

St. Michael's Hospital, Toronto

4 Day Pain Log

	Day One	Day Two	Day Three	Day Four
Pain rating 0 - 10				
Where is the pain?				
Time Pain Started				
What were you doing?				
Pain rating 1-2 hours after medication				
Comments				