

PAIN MANAGEMENT IS OUR TOP PRIORITY!

One of the goals to recovering from surgery is to prevent or relieve your pain. We may not be able to prevent or relieve all of your pain but it is important that you are as comfortable as possible.

We have a team of doctors and nurses as dedicated to managing your post-operative pain.

CAN I GET ADDICTED TO PAIN MEDICATION?

The risk of addiction is about 0.1%. If you have an addiction problem talk to your doctor.

IS THERE ANYTHING ELSE I CAN DO TO MANAGE MY PAIN IF I DO NOT WANT TO USE PAIN MEDICATIONS?

- Heat or cold to the site of pain
- Deep breathing
- Distractions (such as imagery, watching TV, listening to the radio, reading a book)
- Relaxation techniques

WHY PAIN MANAGEMENT IS IMPORTANT?

It will help reduce stress on your body so you can resume normal activities sooner, do your breathing exercises and regain your strength.

STAY ON TOP OF YOUR PAIN CONTROL

Talk to your doctor or nurse about how much pain to expect after your surgery. It is important to tell your doctors and nurses when you have pain and how much pain you are experiencing. Talk about pain control methods that have and have not worked well for you before.

Be sure to talk about any allergies you may have and any medications you are currently taking. Do not forget to tell us about vitamins, herbal supplements, and over the counter drugs or street drugs.



Acute Pain Management after Surgery

Patient Education Surgical Services Patient Education



MEDICATION SCHEDULE

Your doctor will likely prescribe you pain medication in two ways to help keep you comfortable:

1. “Around The Clock”
2. On Demand.

This means your nurse will bring you medication at scheduled times but you can also ask for medication if you are not comfortable.

You may receive intravenous (IV) medication or oral medication or a combination of both to control your pain in hospital.

Ask for pain medication when you start to feel pain and before any activity that you consider painful such as physiotherapy. It will take 30-45 minutes for the oral medication to start working and 5-10 minutes for IV medication.

Changes to your pain management treatment can be adjusted as needed to ensure adequate pain relief.

MEASURING YOUR PAIN

You will be asked in hospital to measure your pain on a scale from 0 to 10. This provides your doctors and nurses with information that can help to improve your pain and help them decide whether your treatment is working.

An acceptable level of pain 24-48 hours after surgery is 3 out of 10. We realize that everyone experiences pain differently and we encourage you to communicate when you are feeling pain.

Be sure to tell your doctors and nurses if your pain is not being relieved by medication or if there is a new or different pain you are experiencing.

MEDICATION SIDE EFFECTS

- Nausea/ Vomiting
- Dizziness
- Itchiness
- Drowsiness/ Mental Clouding
- Constipation
- Dry Mouth

These common side effects can be managed, talk to your doctor and nurse if you experience any of these symptoms.

