



# Findlay Surgery Center

## *Managing Post-Operative Pain*

### WHAT IS PAIN?

Pain is an uncomfortable feeling that tells you something may be wrong in your body. When there is an injury to your body, tiny nerve cells send messages to your brain. Pain medicine blocks or lessens these messages.

### WHY IS PAIN CONTROL SO IMPORTANT?

Pain can affect your activity, appetite sleep energymood, and relationships. It can also affect your rate of recovery from surgery. Pain relief allows you to start walking and breathe easier so that you can get your strength back faster. It also helps you avoid problems such as pneumonia and blood clots, enjoy greater comfort while you heal and may help you heal faster.

### CAN PAIN BE RELIEVED?

Pain in almost all cases can be controlled. Although pain is a common experience after surgery, most patients with postoperative pain can be kept comfortable with simple treatment.

If I already take pain medication, does it make a difference?

Be sure to notify us if you are already taking pain medications. You may require a higher dose of pain medicine to relieve your pain.

### HOW DO I "MEASURE" MY PAIN?

Use a pain scale to communicate your pain. For pain management to work, we need to have some way to help us understand how much you are hurting. You will be asked to use a "pain rating scale" to do this. For example, on a scale of 0 to 10, with 0 being no pain, and 10 being the worst pain you can imagine, how much pain do you have right now?



No  
Pain



Definitely  
Hurts



**e/**  
Writhing  
Agony

0 2 3 4 5 6 7 8 9 10

### WHAT IS AN APPROPRIATE GOAL FOR PAIN RELIEF?

The goal is to relieve your pain without causing too many side effects. It may not be possible to eliminate all your pain. Our goal is to control your pain so that you are able to function well enough to walk, cough, and deep breathe. This will allow you to recover more easily following surgery.

### WHEN SHOULD I ASK FOR PAIN MEDICATION?

Ask for pain medication when your pain first begins. If you know your pain will worsen when walking or doing breathing exercises, ask for pain medication first. It is harder to ease pain once it has taken hold.

