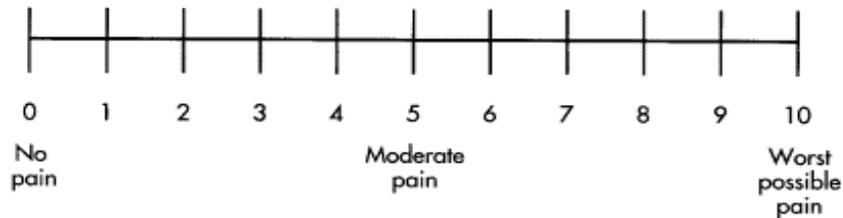


Pain

Pain control will be more effective if medication is taken when pain is mild to moderate and on a regular basis. DO NOT wait until the pain is severe before taking your medication.

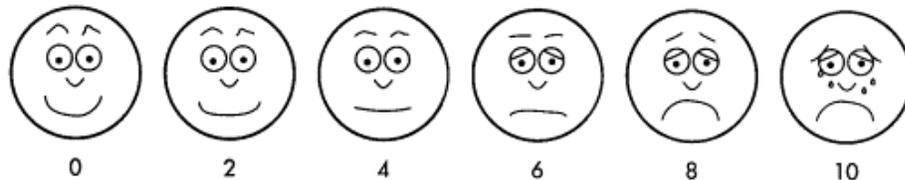
You will be asked, “If 0 is no pain and 10 is the worst possible pain, please give me a number that indicates the amount of pain you are having now.”

Numeric Pain Rating Scale:



Faces Pain Scale: (recommended for persons age 3 years and older)

Explain to the person that each face is for a person who feels happy because he has no pain (hurt) or sad because he has some or a lot of pain.



We would like you to use the pain scale rating below:

- 0-1: NO PAIN** to “just barely noticeable. It may not be possible to get down to this level. If you do, GREAT.
- 2-3: Pain is present**, but you may have to stop and think about it to really tell it is there and not gone. You feel fairly comfortable...let’s keep it there!
- 4-5: You now notice** your pain perhaps at rest or during activity. It may interfere with your activities. The level at which it is a good idea to start to do something toward relief is 3-4.
- 6-7: Your pain is distracting** you, and you may be able to focus on something else rather than the pain for only short periods of time. You may be gritting your teeth or holding your breath to carry out activities.
- 8-9: Your pain may be severe** enough that it makes you stop in the middle of an activity, or not be able to complete it at all. It is difficult to think of anything else but your pain. You may be uncomfortable during rest or quiet times.
- 10: Your pain is now the worst** you can imagine, though it is not necessary for you to be “crying” at this level.

Medication Instructions

1. Take your medication as directed to stay comfortable and heal more quickly.
2. DO NOT drink alcohol or drive while you are taking narcotic pain medication.
3. Be sure to get plenty of rest to give your body time to repair itself.
4. Try to get up and around, doing as much of your own personal care as possible.
5. Common **side effects** of narcotic pain medications are *stomach upset* and *constipation*.

◀In order to reduce stomach upset take your medication with a small amount of food.

◀Surgery patients are far more likely to have a bout of constipation than the average person. Anesthesia in surgery and the use of narcotic pain medications to reduce pain levels will cause slowed digestion. Decreased fluid intake and lack of mobility after surgery worsens this problem. If you are prone to constipation you should mention this to your surgeon, as you will be at a greater risk for constipation. Prevention is key after surgery, because constipation can be very painful.

▶Medications: If your surgeon has prescribed a medication for constipation or recommended an over-the-counter treatment, such as a stool softener or an enema, it should work to relieve your symptoms. You may want to take a mild stool softener prescribed by your surgeon as a preventative measure, rather than waiting until symptoms develop. Do not use over-the-counter treatments without first discussing it with your doctor. Your surgeon needs to be aware of your symptoms and all medications you are taking.

▶Drink More Fluids: Increasing your intake of fluids (avoid caffeinated and carbonated beverages) like water and diluted juice can help keep you well-hydrated and decrease the risk of constipation. Fluids will also help your body to recover after you develop constipation.

▶Eat More Fiber: Focusing your food intake on healthy, whole foods, such as fresh fruit and vegetables, will help decrease the risk of constipation. When possible, try to eat high-fiber foods. Lean protein is important when recovering from surgery, but it should not be your only source of nutrition. A very low carb diet can also cause constipation.

▶Early Activity: Early activity after surgery has many benefits: the reduction of the risk of blood clots, pain reduction and restoration of bodily functions which will include keeping your bowels regular.

Pain Medications

Even minor surgery can cause swelling, injury and pain to the tissue. This pain can affect the way you act and feel. It is important to keep your pain level low (2-3 on the pain scale) so that you are comfortable. This will help you to heal more quickly. Your pain level is too high if you cannot walk, talk or breathe normally. Many children cannot tell you if they are in pain. Parents can monitor the pain level in their children by watching how they play, sleep, and talk, and by observing the look on their faces.

Your goal is to achieve adequate pain relief without over medicating and by keeping your pain at a lower level you will enable your body to heal faster and recover more quickly.