

*How **you** can help **us** to best respond to your needs - making your recovery as pain free as possible...*

WE CARE ABOUT YOUR PAIN - YOU CAN HELP TOO . . .

Tell us about your pain

By controlling your pain as best we can, you are likely to recover faster. You need to tell us how you feel and particularly how strong your pain is. You will be asked on a regular basis to rate your pain - this is how we know how you are feeling and what is working best for you.

How to tell us

When you come into hospital you may be given a 'pain ruler', which has a sliding pointer that you can position to indicate how much pain you are feeling.

Tell us where your pain is and what it's like

Pain from different parts of the body comes from different causes. Knowing where your pain is coming from and how it feels (aching, burning, stabbing) helps us to give you the best treatment.

**Pain is verbally scored on a scale
from 0 to 10, with 0 being 'no pain'
and 10 being 'worst pain ever'**

What else can you do?

Ask for pain relief before you get too uncomfortable. It is more difficult to ease pain once it has taken hold. Remember to tell your nurse or doctor about any pain that doesn't get better, even after the pain medicine.

Pain Treatment Options

Your pain may be treated in a number of ways - what works best for you will be decided by you and your doctors and nurses and based on the location and type of pain that you have.

Some options include:

- **Tablets** that you swallow
- **Occasional injections**
- **Continuous drip** containing pain medicine
- **Patient Controlled Analgesia (PCA)**
- **Local Anaesthetics** given near your wound that block the feeling of pain
- **Epidural Pain Medicine** given into your back that blocks pain over your wound
- **Special techniques** used when moving and coughing that minimise discomfort.

QUESTIONS?

What if I already take pain medication?

If you are taking pain medication on a regular basis, you must let your doctor know. This will ensure that you get the treatment that is best suited to you.

Who will be checking on me?

Your nurses will be checking on you most often, with your treating doctors usually seeing you daily.

How often will you be checking on me?

You will be checked on every few minutes to every few hours depending on your condition. You can also press the nurse call button to call for assistance whenever you need it. Nursing staff will always be nearby.

Will this ensure that all my pain will be gone?

Although we would like to take away all the pain and discomfort you might experience, in reality it often cannot be removed completely.

However our aim is to make you as comfortable as possible, especially when moving around and performing activities.

Are pain medications bad for you or addictive?

No, having pain medication to ease short-term pain is not addictive. However, all medications may produce side effects, so you must tell your nurse if you feel sick or very sleepy.