

Pain Control after Surgery

PATIENT GUIDE

Institute of Orthopaedic Surgery

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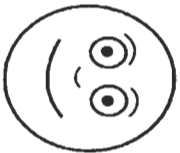
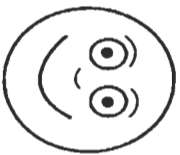
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Pain Intensity Scale

You will be asked to "Rate your pain on a scale of 0 - 10"
This helps the nurse measure your level of pain.



0 1 2 3 4 5 6 7 8 9 10
No Pain Moderate Pain Severe Pain

If your pain does not improve, please tell a nurse. You will not be a "bother". The nurse wants and needs to know about your pain so that he/she can evaluate as needed. Your pain may not be completely gone, but it should be kept at an acceptable level for your well being.

What is Pain?

Pain is an uncomfortable feeling that tells you something may be wrong in your body. Pain is your body's way of sending a warning to your brain.

You have thousands of nerve cells and most of them can sense pain. When there is an injury to your body - in this case, surgery - these tiny cells send messages along nerves into your spinal cord and then up to your brain. Pain medicine blocks these messages or reduces their effect on your brain.

After your operation, your nurse will ask you about your pain because we want you to be comfortable. Be sure to tell your nurse if you have pain.

Pain Control Methods

1. Before Surgery

- Ask your doctor or nurse what to expect.
- Will there be much pain after surgery?
- Where will it occur?
- How long is it likely to last?

2. Being prepared helps put you in control.

- Discuss the pain control options with your doctor and nurse.
- Talk** with your doctor and nurse about pain control methods that have worked well or not so well for you before.

- Talk about any concerns you have regarding pain medicine.
- Give an accurate health history including allergies and current medicine that you take.

3. After Surgery

- Pain medicine can be given to you through your IV, as a shot, or as a pill.
- Pain medication is used to control intense pain, NOT make you pain free.
- Other non - drug treatments for pain control which may help include: heat packs, cold packs, relaxation, music, massage and thinking about positive images.