Helpful HINTS for MANAGING PAIN

What can I do to make my pain better?

Use cold packs and ice; apply for 20 minutes and remove for 20 minutes.

Try a new position (consider any physician ordered restrictions). Breathe slowly and deeply as you change positions.

Ask for pain medication prior to activity.

Look for relaxation channels and soothing sounds on Skylight television.

You will be asked to set a “pain goal” and to rate your pain prior to and after medication using the scale below.

PAIN SCALE

0 1 2 3 4 5 6 7 8 9 10
MILD MODERATE SEVERE

Wong-Baker FACES Pain Rating Scale

CALL YOUR NURSE:

1. When your pain is getting worse.
2. When you need pain medication.
3. When your pain is not being controlled.