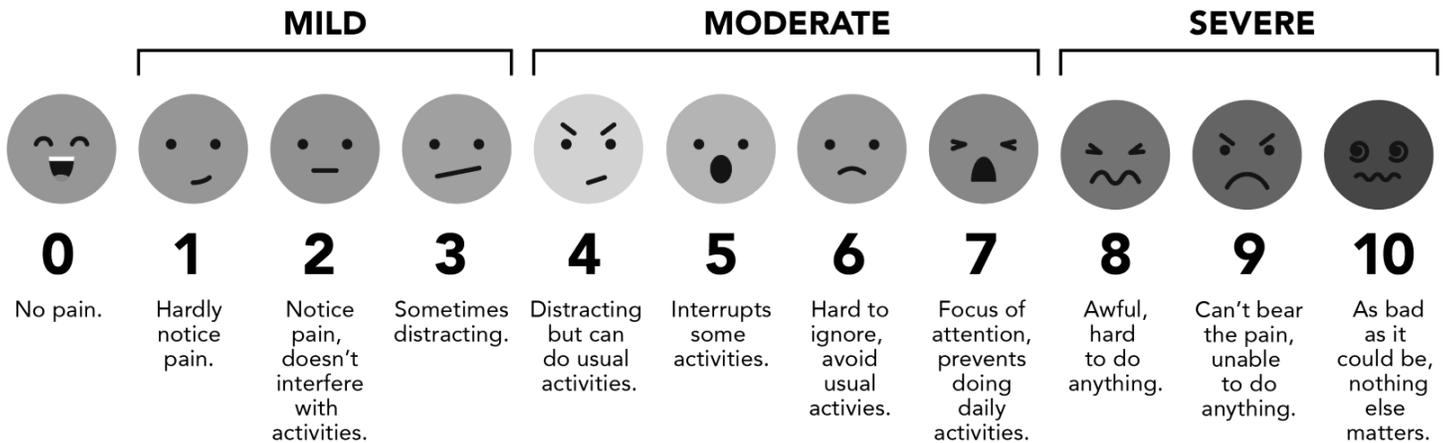


# Managing your pain

We want to make you as comfortable as possible and reduce any pain you may have during your hospital stay. You and your nurse will establish a tolerable pain goal upon admission. Discuss with the team any pain regimens that you take at home that work.

Team members will ask you about your pain using a scale of 0 to 10 or a face chart (below).

A rating of 0 means no pain. A rating of 10 means the worst pain you've ever had.



Pain relief may involve the use of pain relief medications called analgesics. However, there are many other ways to control pain beyond taking medicines, such as the use of heat or ice, relaxation therapy, music therapy and finally, movement.

Discuss your pain and options for reducing it with your health care team. Managing your pain is an important part of your overall health care treatment plan. Talk to your nurse or doctor if your pain requires attention, or if you are experiencing any unwanted side effects, such as nausea, vomiting, dizziness, blurred vision, itching or a rash.

