

Managing Your Pain

Everyone feels and reacts to pain in different ways. Managing your pain is an important part of your care. When you are in pain or uncomfortable, it can affect the way you feel physically and emotionally.

The longer pain goes untreated, the harder it is to relieve. When you take care of pain before it becomes a problem, you will:

- Heal faster
- Regain your strength faster. Patients with pain that is well-controlled seem to do better
- Be more comfortable with your entire health experience

While you may not become entirely free of pain, our goal is to keep your pain as minimal as possible given your health issues and individual response to medications and other pain relieving measures.

Other Pain Treatments Include:

- Relaxation techniques such as guided imagery, conversation and deep or paced breathing
- Massage
- Hot or cold packs
- Using pillows or splints to protect incisions when coughing, laughing or changing positions.
- Music and soothing sounds
- Aromatherapy

To help us effectively manage your pain:

- Tell us immediately. Be honest and don't hide it. Talk with your physician, caregivers, family or friends
- Describe what makes your pain better or worse. Is the pain always there, or does it go away sometimes?
- Describe how the pain affects your daily life. Can you sleep? Work? Participate in normal activities? Concentrate? Does the pain affect your mood?
- Use descriptive words such as "cramp, sharp, ache, burning, throbbing, tingling, deep, etc."
- Work together with your caregivers to find the best treatment
- Make sure your caregivers know what medications you are currently taking
- Let caregivers know if you have had positive or negative experiences to taking certain pain medications in the past
- Provide feedback to your caregivers on how the pain treatment is working