



M.P. SHAH HOSPITAL
A Legacy of Care

MANAGING YOUR PAIN AFTER SURGERY

Why is it important to manage your pain?

- We want to keep you comfortable.
- Avoid unnecessary complications in the Hospital.
- Pain control may help you recover faster.
- Treating pain early usually brings quicker/better results.

How can you help your healthcare team to manage your pain?

- Effective pain control is a partnership between you and your healthcare team.
- An accurate account of your home pain regimen will help us to better control your pain while you're in the Hospital.
- Tell us what has worked for you in the past. This includes both medication and non-medication treatments (ointments, ice, heat, music, etc.).
- Please notify the healthcare team about pain medications that have caused you problems in the past.

Pain Management Treatment Options

In addition to a variety of pain medications you will be given either orally, injections or intravenously, the following can also be beneficial in reducing your pain:

- Relaxation techniques i.e. resting, watching t.v, reading books, music
- Chaplaincy visits
- Massages e.g. back rubs
- Relaxation exercises

Prior to discharge, make sure you are comfortable and understand how to manage your pain at home.

How will we assess your pain?

Pain is different for everyone. We are here to help you with managing your pain after surgery. Your healthcare team will work with you to minimise pain and discomfort. While you are recovering, your doctors and nurses will frequently ask you to "measure" and describe your pain. Do not suffer in silence and do not be afraid to ask for help, advice or sufficient pain medications.

For clarification and queries

This sheet is not specific to you, but provides general information. If you have any questions, please ask your doctor or nurse. Call your doctor's office or come to the outpatient depart for consultation if you cannot reach your doctor.