

## Controlling Your Pain after Surgery or Procedures

Your quick recovery is important to us. As with any surgery, or procedure, postoperative pain control is important to our patients and staff. To efficiently assess and control your pain, we use a pain scale with scores of 0 to 10.

### Pain Scores

#### No Pain:

- 0 – Pain free

#### Mild Pain: Nagging, annoying, but doesn't really interfere with daily living activities.

- 1 – Pain is very mild, barely noticeable; most of the time you don't think about it
- 2 – Minor pain; annoying and may have occasional stronger twinges
- 3 – Pain is noticeable and distracting; however, you can get used to it and adapt

#### Moderate Pain: Interferes significantly with daily living activities.

- 4 – Moderate pain; if you are deeply involved in an activity, it can be ignored for a period of time, but is still distracting
- 5 – Moderately strong pain; it can't be ignored for more than a few minutes, but with effort you still can manage to work or participate in some social activities
- 6 – Moderately strong pain that interferes with normal daily activities; difficulty concentrating

#### Severe Pain: Disabling; unable to perform daily living activities

- 7 – Severe pain that dominates the senses and significantly limits the ability to perform normal daily activities or maintain social relationships; interferes with sleep
- 8 – Intense pain. Physical activity is severely limited; conversing requires great effort
- 9 – Excruciating pain; unable to converse; crying out and/or moaning uncontrollably
- 10 – Unspeakable pain; bedridden and possibly delirious; very few people will ever experience this level of pain

Your nurse will frequently ask for your pain score to quickly treat your pain. You may not be pain-free during your stay with us, but we want you to be as comfortable as possible.

If your surgeon provided a prescription for pain control at your pre-operative office visit, have it filled the day before your surgery. If you did not receive a prescription prior to your surgery or procedure; your surgeon may give you a prescription for pain control on the day of your surgery prior to your discharge from the hospital.

**Please review prior to your procedure.**