

Patient Sticker

Surgeon: _____

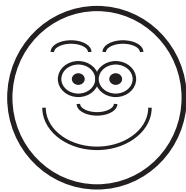
Anesthesiologist: _____

RN: _____

YOUR COMFORT IS IMPORTANT TO US

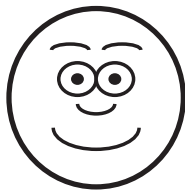
Pain is expected after surgery. Our goal is to help you achieve a tolerable pain level. This is the pain scale we will use to assess your pain level:

PAIN MEASUREMENT SCALE



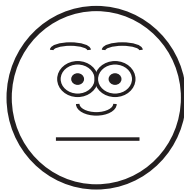
0

no pain



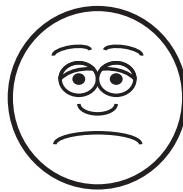
1-2

mild pain
annoying
nagging



3-4

discomforting
troublesome
nauseating
numbing



5-6

distressing
miserable
agonizing
gnawing



7-8

intense
dreadful
horrible
viscious
cramping



9-10

excruciating
unbearable
torturing
crushing
tearing

Acceptable/Tolerable Pain Level: _____

There are several things we can do to help you achieve a tolerable pain level:

- Pain medications
- Ice packs
- Warm blankets
- Teaching you how to splint your incision sites when coughing and moving
- Repositioning/moving
- Decreasing stimulation, for example dimming the lights

Discharge goals:

- Your pain level is tolerable at rest
- You can tolerate drinking fluids; nausea is controlled
- Walking or you are able to tolerate sitting up in a chair
- Urinating prior to discharge, if indicated for your surgical procedure
- Your questions answered; your worries and concerns addressed
- Understanding your discharge instructions and how to use new medications

Pain medications:

Teach back completed

Medication: _____ Time taken: _____ Next dose due: _____

Medication: _____ Time taken: _____ Next dose due: _____