



HOWARD COUNTY
GENERAL HOSPITAL | JOHNS
HOPKINS
MEDICINE

The Center for Ambulatory Surgery

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An Introduction to Postoperative Pain Management

Dear Patient,

At The Center for Ambulatory Surgery, your well being is our priority. We believe you have a right to receive appropriate assessment and management of pain. While we cannot guarantee painless surgery, we can provide you with the tools and knowledge necessary to minimize the discomfort associated with your surgical procedure.

This brochure is designed to introduce our pain management program. It explains your role in managing postoperative pain while in our Center and later at home. During your stay, we will provide information to explain medication therapy as well as teach techniques designed to control and manage to your pain. You will join our team to help us plan your program to manage postoperative pain.

Assessment:

To begin, we will need to understand what your past experiences have been with pain, how pain is or was managed and your response to that management. We will also need to know what your beliefs are toward taking pain medication. We will ask you to share these experiences with us. This information will form the foundation of a pain management plan unique to your care needs.

Your Responsibilities:

Open communication, from you to us, is the key to understanding how to care for you. If you don't tell us, we won't know. Please tell us what works best for you, your preferences for pain relief and ways we can help. We will expect your best effort to participate in meeting pain management goals.

Our Responsibilities:

We support and respect your right to receive effective pain management. To achieve this, we start pain management before, during, and after your procedure. And, we continually assess and reassess your pain and adjust pain management plans to meet your needs.

Your self-report of pain is important to us. We will ask about your pain, where it is, how much it is, and if it is responding to treatment. We will ask you frequently to "rate" your pain on a scale of 0 to 10. We will show you techniques to "splint" the surgical site to lessen pain, deep breathing routines, and how to "stay ahead" of pain. Detailed information on medication use, preparation, side effects, and storage will be provided. Lastly, your caregivers will be included in the education and pain management planning process from start to finish.

The Benefits:

Effective pain management promotes healing. A vital link to effective pain management is education of the patient about pain relief. Studies show that patients who know their role in pain management report less pain, take less medication, and have a faster rate of recovery.

Our body's ability to heal itself occurs in a state of well being. The goal with pain management is to produce an optimal state of well being. Unrelieved pain releases stress hormones causing tissue breakdown, impaired immune function and prolonged recovery. In the presence of effective pain relief, the occurrence of postoperative concerns with respiration, circulation, and bowel function can be minimized. Proper pain management, then, is critical to supporting a speedy and uncomplicated recuperative course. Pain management supports well being.

Pain Management Tools

Listed here are three different tools we may use to help measure your pain:

0 - 10 Rating Scale

Indicate severity of pain by circling the number, 0 being no pain and 10 being the worst possible pain.

0 1 2 3 4 5 6 7 8 9 10

What does the scale mean?

0-3 Mild Pain

4-6 Moderate Pain

7-10 Severe Pain

Happy to Sad Face

Choose the face that best describes how you are feeling:



0



2



4



6



8



10

"The single most reliable indicator of the existence and intensity of acute pain, distress and discomfort is the patient's self-report".