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HOSPITALS IN SOUTHFIELD AND HOW

**Managing Your
Pain After Surgery**



Your safety and comfort are our top priority

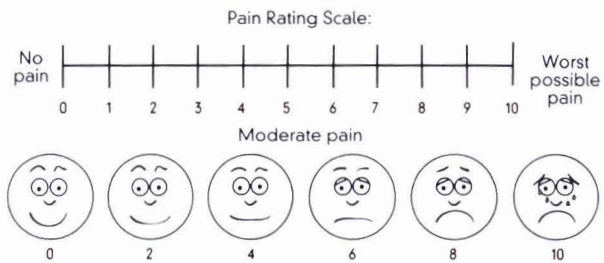
The surgical teams at Providence and Providence Park Hospitals are committed to keeping you comfortable and active after your surgical procedure. We want to work with you as a partner to ensure that you experience minimal discomfort in the hospital and when you return home.

Our commitment

- We will ask you about your pain/comfort throughout your stay.
- We will ask you for your pain management goals.
- We will listen to you.
- We will safely adjust the plan until we meet your expectations.

The patient's role

- Tell us when you are in pain. Don't let the pain get too severe before asking for pain medicines. We will ask you to rate your pain, both at rest and with activity using a number scale of 0 (no pain) to 10 (worst pain).



• ALWAYS TELL US ABOUT YOUR PAIN. DON'T WAIT!

- Describe your pain to us. Here are some common words used to describe pain: dull, aching, burning, cramping, comes and goes, constant, cutting, pressing, numbing, pulling, sharp, shooting, stabbing, radiating, throbbing and tightness.
- Tell us how you feel after you receive pain medication. The pain medication may take up to an hour to lessen your pain.

A P A S S I O N

We need to know if the medicine worked. It is important for you to tell us how your pain is after you receive medication. If you are not getting relief we will need to review your plan.

- Tell us if you are experiencing any **side effects** of the pain medication. Pain medication side effects may include: itching, nausea, vomiting, sleepiness and constipation. These can add to your discomfort after surgery, but we can help relieve these **side effects**.
- Stay active. Good pain control after surgery allows you to stay active. Keeping up with normal activities such as eating, walking and bathing allows you to recover more quickly and go home sooner.
- It is important to see how your body responds to activity before you leave the hospital. This lets us know how your pain medications will work for you at home. If you are unable to do these things due to pain, please tell us. We can help!

for HEALING

Please remember!

We want you to: **H.E.A.L.**

H: Home medicines

- Tell us what medicines you take at home. The list may include pain medications that are prescribed, over the counter (such as aspirin, ibuprofen or acetaminophen) or herbal (medical marijuana). This information is important for us to help manage your pain safely. Sometimes these medications may interact with what your doctor may choose to use while you are in the hospital.

E: Expectations

- Expect to have some level of pain. Everyone is unique, and it is likely you will have some pain following your surgery. We will do everything we can to control your discomfort, keep you safe, comfortable and active.

A: Acute pain

- Acute pain is a kind of pain that you may experience for a short period of time and is the most common type of pain patients experience after surgery. It will improve gradually each day and is our priority to help you control.

L: Learn and level with us

- Let us help you understand why you are in pain, but please do not keep quiet about your pain. If we do not know where you hurt, it will be more difficult for us to help HEAL your pain. Some people fear taking any pain medication because of the fear of addiction. Remember that your pain after surgery is short term and you will not be taking pain medications forever. If you are worried about this, please talk with your health care provider.

A PASSION for HEALING



Thank you for selecting Providence
and Providence Park hospitals for your care.
We appreciate you partnering with
us for your well being!



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