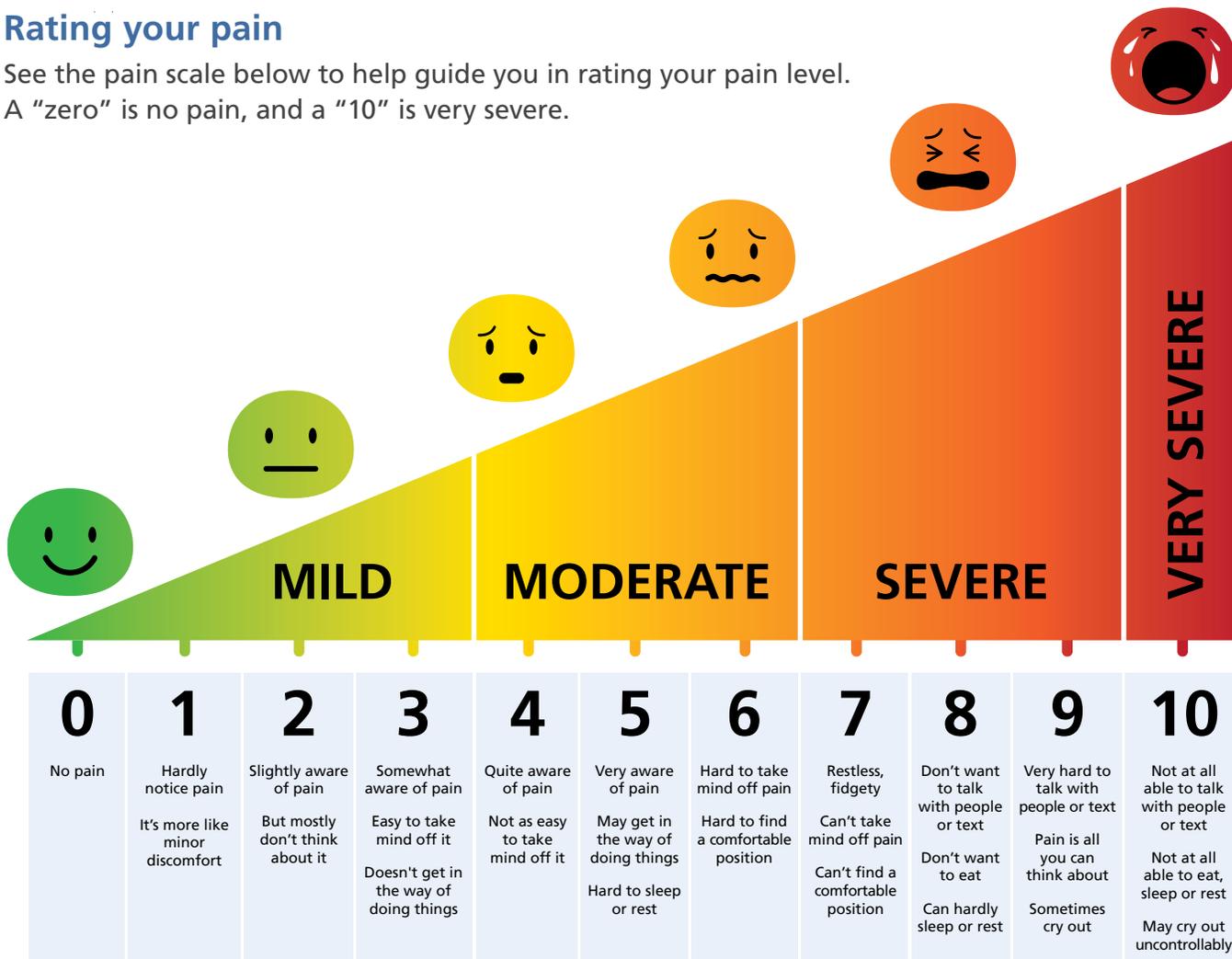


Managing Your Pain in the Hospital

It is normal to have pain or discomfort when in the hospital. Your care team will help you manage this pain so that you can participate in the therapies and activities that will help you heal faster. It's important to tell your healthcare team when you have pain so they can better understand how to help you.

Rating your pain

See the pain scale below to help guide you in rating your pain level. A "zero" is no pain, and a "10" is very severe.



Types of pain medications

You may be prescribed more than one type of medication depending on your specific need. These medications could include acetaminophen (Tylenol), non-steroidal anti-inflammatories or NSAIDS (such as ibuprofen or naproxen), steroids, and topical pain cream. Opioids should only be used as needed. Each medication will have a separate dosing schedule.



Other Ways to Reduce Pain

Try these other ways to reduce pain and to be as comfortable as possible while you are in the hospital:

Cold therapy

Different kinds of cold therapy, such as ice packs, flat cold packs, and Polar Care can help to reduce inflammation and pain.



Guided imagery and meditation

Watching and listening to guided imagery and meditation programs can help with pain control. Check out DVDs available from the lending library, or listen to guided imagery and meditation online at:

docjer.wixsite.com/painmgt
youtube.com



Repositioning

Repositioning your body can help to lessen pain. Ask an aide or the nurse if you need help change your body's position.



Pet therapy

Scheduling time with a pet therapy dog can help to distract you from pain. Let an aide or the nurse know if you would like to try pet therapy.



Music therapy

Listening to music has been shown to decrease pain levels. Select a cable TV music channel, or listen to music you enjoy online at:

docjer.wixsite.com/painmgt
pandora.com
spotify.com/us



Aromatherapy

Some essential oils like mint and lavender have scents that have been known to help calm and distract from pain. Let an aide or the nurse know if you are interested in trying aromatherapy.



How can I learn more? See Intermountain's ***Managing Your Pain After a Medical Procedure*** brochure and check online at IntermountainHealthcare.org/services/pain-management/ for more information.

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