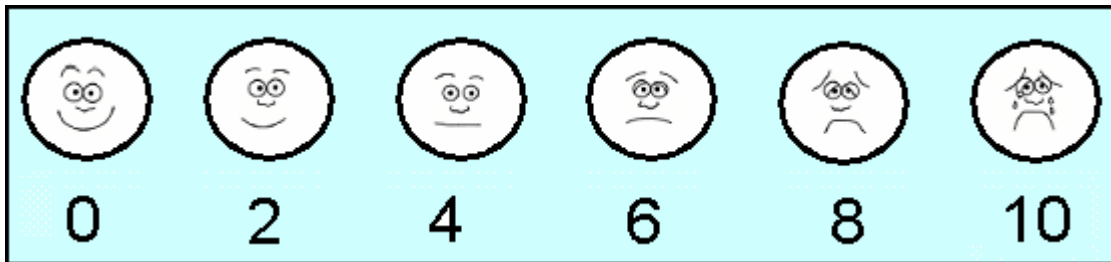


## About Your Pain

Many times people have pain because of surgery or a problem. Pain is the body's way of sending a message to your brain that help is needed. If your pain is not managed, your recovery will take longer. Tell us how you are feeling and what your pain level is so we can keep you comfortable. You are the only one who knows how you are feeling. We will ask you to tell us about your pain.

- **Where is your pain?** Point to the place on your body where it hurts.
- **Does the pain spread to other parts of your body?**
- **When did the pain start?**
- **How much does it hurt?**  
Point to a number or face that shows us how much pain you are having.



- **What does it feel like?**  
Does it burn, tingle or ache? Is it dull or sharp? Is it constant or does it come and go?
- **Is it worse at any time of the day?**  
Morning? Evening?
- **What makes the pain feel better? What makes the pain feel worse?**  
What have you done to try to relieve the pain? Does the medicine make it feel better?  
Does it hurt more when you are active or lying still?
- **Does the pain affect other parts of your life?**  
Does it make it hard to sleep, eat, or care for yourself or others? Does it cause you to be upset, teary or less patient?

**Talk to your doctor or nurse about your pain. Share your concerns and ask questions.**

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