

# WHAT TO KNOW ABOUT Pain Management



## Cottage Health's goal is to help relieve your pain and help you heal faster

At Cottage Health, patient care is priority #1. That means you will experience as much comfort as possible while you heal so you get well faster, regain your strength quicker and hopefully return home sooner.

For you to receive the care you need, it's important for your team to understand any pain you may be experiencing.

If you are in pain, tell your health care team about it and don't wait until the pain gets worse to report.

### Please don't hesitate to:

- » Talk to your care team about your pain control options
- » Talk to them about pain control methods that have or haven't worked well for you
- » Discuss any concerns or fears you have about pain medications, including allergies, side effects and other medications you are taking

## Help your care team measure your pain

Use a pain scale to rate your pain. From 0 to 10 —no pain to the worst pain you ever experienced — how much pain do you have right now?

You may choose a pain relief goal, such as "four." That means you want to have no pain worse than number four on the scale. Reporting your pain as a number helps you and the healthcare team understand how well your treatment is working.

