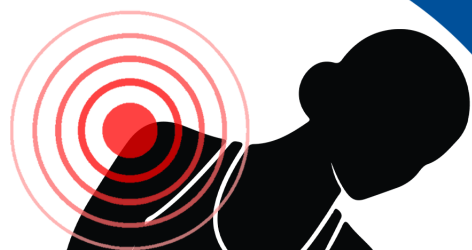


Pain relief after an injury or a surgery

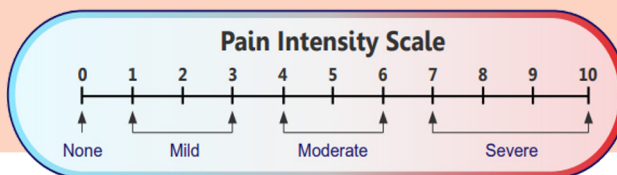


After your injury and/or surgery, pain relief is very important. It will help you to :

- | | |
|------------------------|---|
| • Breathe more easily | • Recover faster |
| • Move more easily | • Do the things that are important to you |
| • Eat and sleep better | |

How to assess your pain?

The person who is experiencing pain is in the best position to assess it. Health professionals will ask about the intensity of your pain on a scale of 0 to 10 (0 being no pain, and 10 being the worst pain that you can imagine). Other pain scales may be used depending on the person or the nature of the pain.



How to relieve your pain?

Analgesics medications (painkillers)

After your injury and/or surgery, it is very possible that you will need to take **analgesics** regularly for the first 24 to 48 hours. Follow the doctor's prescription for the **dosage** to take and the **interval to respect** (e.g. every 8 hours). If your pain is not relieved with the prescribed dosage, discuss it with your doctor and/or nurse.

Different types of **analgesics** exist. They can be taken alone or together:

- **Acetaminophen** (Tylenol)
- **Anti-inflammatory medications** (e.g.: Celecoxib, Naproxen)
- **Opioids** (e.g.: Hydromorphone, Morphine, Oxycodone)

If you are taking opioids (normally for moderate or severe pain), here are possible side effects:

- | | |
|---------------------------------------|---------------------------|
| • Drowsiness: Tendency to fall asleep | • Nausea and/or vomiting |
| • Dizziness | • Feeling itchy (itching) |
| • Dry mouth | • Constipation |

Tell your nurse and/or doctor if you have one of the side effects. An addiction to opioids is rare when they are used properly. If you have ever been dependent to opioids or taking opioids before your injury and/or surgery, discuss this with your doctor.



For more information, scan the QR code, use the link below, or ask your healthcare professional.

Link : <https://muhc.ca/pmed>

Other ways to manage your pain

There are other ways to manage your pain that you can **combine** with your analgesics or apply on their own. They are easy to apply, and could improve your overall well-being. Choose the one that works best for you.

Here are some examples:

- Do deep breathing or relaxation exercises
- Apply heat or cold for 10 to 20 minutes to the painful area (do not use this method if your medical team advised you against it)
- Do activities that take your mind off the pain (e.g. listening to music, reading a book)

Important

Information provided by this document is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.