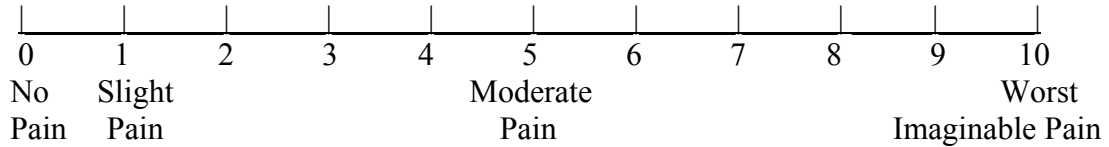


Pre-Operative Pain Education

Post-op Pain Education

Post-operatively we will ask you to describe the intensity and type of pain you are experiencing. We ask that you use the following scale to judge the intensity of the pain you may or may not experience post-operatively.



Type of pain you might expect after your surgery is:

- Sharp Dull Achy Burning / Stinging Stabbing Searing Throbbing
 Shooting Cramping Other: _____
-

Expected duration of pain post-op: _____ Hour(s) _____ Day(s) _____ Week(s)

You can expect pain to occur post-operatively:

- Head Neck Throat Eyes Arm(s) Hand(s) Abdomen Knee(s)
 Shoulder(s) Ankle(s) Toes Foot/Feet Other: _____
-

Ways to decrease post-op pain:

- Ice pack Heating Pad Elevate _____ above heart level
 Walking _____ intervals Other: _____
-

Medication you can take post-operatively for pain:

- Tylenol Advil Motrin Other: _____

Wong Baker FACES pain scale (smile – frown) for children and adults who cannot understand or choose not to use the 0-10 scale.



Outcomes: Provides pain management instruction (151)
Provides instruction about prescribed medications (148)
Implements pain guidelines (137)

Patient Signature: _____

Nurses Signature: _____

Date: _____ Time: _____

- Phone Interview
- Mailed
- Received in packet from surgeon