

# Pain Management Post-Operative Instructions

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## **How do I talk to my healthcare provider about my pain?**

Pain can have a serious impact on your quality of life. Pain can change your mood, cause you to lose sleep, & interfere with your daily activities. It is your responsibility to inform us about your pain in order to achieve the best results.

Our recommendations:

- Make sure that a member of your health care team is aware of any pain you are having. Some patients are hesitant to discuss their pain, but we encourage you to do so.
- Tell your health care team the following things about your pain:
  - Where it is located
  - How bad it is
  - What has helped so far or in the past

## **What are my instructions when pain medication is prescribed to me?**

- Make sure you know who & when to call if your pain is not well controlled
- Learn the possible side effects of your medication
- Please ask your health care team for more specific information about pain and alternative methods of pain management that may be appropriate for you.

## **Who should I call if I have questions?**

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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