

Post Operative Pain

Pain management is a priority patient care concern. The person with the pain is the only authority on the existence and nature of pain. Because pain tolerance is an individual unique response, varying between patients and varying in the same patient from one situation to another, the patient has a right to assess and express his/her level of pain and decide the duration and intensity of pain he/she is willing to endure or tolerate.

Here at Rio Grande Hospital Outpatient Surgery it is our goal to make each patient as comfortable as possible after their surgery/procedure.

We will be assessing your pain on a scale of 0 to 10. 0 will represent no pain at all where as 10 will be the worst pain you have ever experienced in your life.

0	1	2	3	4	5	6	7	8	9	10
No Pain					Moderate					Worst

The post anesthesia care nurse will ask you what pain score you are experiencing immediately upon arriving in the recovery room after your procedure.

Your nurse will want to know what pain medication and/or regimen has helped manage pain for you in the past, if any. Your nurse will work with the anesthesia care provider and/or your physician in planning your pain management postoperatively.

Your nurse is going to rely on you to tell him/her the pain level you are experiencing, where your pain is, and the quality of your pain (throbbing, burning, sharp, stabbing). After pain medication has been administered your nurse will continually assess your pain level, the duration of your pain and the effectiveness of the medication you have received.

It is up to you as the patient to be involved in all aspects of your care including your pain management. You are the only one that can relay the pain you are experiencing to your nurse. It is very important that you also inform your nurse of the affects of the pain medication – did it give you relief? Are you still experiencing the same pain or has it changed?

The goal for our patients here at Rio Grande Hospital Outpatient Surgery is that your surgical experience is a positive experience. We want our patients involved in their care and this includes taking an active role in postoperative pain management.