

POST-OP PAIN MANAGEMENT

Understanding Pain Management:

The world of medicine keeps changing but some things still hold true. People still feel pain after having surgery. Everyone still reacts to pain in an individual way. Pain is your body's burglar alarm. Nerves send signals up the spinal cord to the brain. Fear and anxiety turn up the volume on the alarm, making the pain seem worse. That's why you should always ask questions before surgery. If you know what to expect, you'll feel less afraid and more in control. This helps make pain a little easier to handle.

What you Feel is Unique

Not only do different surgical procedures cause different types of pain, everyone feels and reacts to pain differently. As a result, only you know how you really feel. Pain can range from mild to intense. It can be throbbing, burning or nagging. However, no matter what your pain feels like, medications and relaxation techniques can help you feel better.

You Can Feel More Comfortable

Although pain-free surgery isn't yet a reality, current pain control measures can make your recovery more comfortable. You'll benefit most if you find out what to expect, communicate with medical staff and accept available pain medications. Short-term use of these drugs is not addicting so don't be afraid to take them when you need them.

Communication Brings Best Results

After surgery your goal is to get better. Pain relief plays a big part in your recovery. If your pain is not lessening, say so. Don't act brave or worry about being a pest. Medications can be adjusted to meet your needs. Finding what works for you is what really matters.

How You Benefit

When pain is kept at a reasonable level, patients usually recover sooner. With the help of pain medications, most patients can sit up or even walk within hours of surgery. This reduces some surgical risks, such as blood clots and pneumonia. In addition, less pain means less stress on the body and the mind. When you're relaxed, blood flows more easily and healing is quicker. Put these benefits together and they add up to shorter hospital stay.