



# **AFTER SURGERY**

## Pain Management - ADULT

### **If You Are Going Home the Same Day of Your Surgery**

- You will be in the recovery room, and you will be sent home directly from the recovery room.
- Take the pain medicine as instructed by your doctor.

### **If You Are to Stay in the Hospital After Your Surgery**

#### **Ask for Pain Medicine When Pain Begins**

- Take action as soon as the pain starts. It is harder to ease pain once it has taken hold. This is a key step in pain control.
- If you know your pain will worsen when you start walking or doing breathing exercises, take your medicine first.

#### **Persistent Pain**

- Tell your doctor or nurse about pain that does not go away after medicine is given.
- Don't hesitate to speak up about your pain! The doctors and nurses want and need to know about it.

#### **Measuring Pain - Adults**

- The doctors and nurses may ask you to rate your pain on a scale of 0-10.
  - Reporting your pain as a number helps the doctors and nurses know how well your treatment is working and whether to make any changes.
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# AFTER SURGERY

## Pain Management - CHILD



### If Your Child Will Be Staying in the Hospital After Surgery

#### **Pain Experience**

- Pain can be hard for a child to describe. It is expressed and experienced differently among age groups, cultures, and genders. An older child may be able to describe how the pain feels or tell you whether the pain comes and goes. While a toddler may say he or she is not feeling well. When someone is experiencing a great deal of pain it may be possible to control and reduce the pain to an acceptable level. However, it may be impossible to eliminate the pain completely.

#### **What Might Pain Look Like in Your Child?**

- Changes in usual behavior; your child may eat less, become fussy or restless, and have less interaction and talking with others.
- Inconsolable crying, grunting, or breath holding.
- Facial expressions; such as furrowed brow, a wrinkled forehead, closed eyes, or an angry appearance.
- Sleep changes; such as waking often or sleeping more or less than usual. Even children in severe pain may take short naps because they are so tired.
- Body movements; such as making fists, protecting a part of the body (especially while walking), kicking, or clinging to whoever holds him or her, or not moving.

#### **Acceptable Level of Pain**

- When your nurse or other members of the health care team asks what your child's "acceptable level of pain", they are trying to determine at what point your child would like to start receiving pain medicines, because different medicines are designed to treat different levels of pain.

#### **Reporting Pain and Discomfort**

- When your child is experiencing pain, it is important to let your health care provider know right away. It is more effective to give pain medicines sooner, rather than waiting until the pain is severe and unbearable.



# AFTER SURGERY

## Pain Management - CHILD

### How Do We Measure Pain?

- In addition to words your child may use to describe their pain, we also look at vital signs (heart rate, breathing rate, etc.) and bodily expressions. We use three pain scales:
  - 1) Wong-Baker FACES Pain Scale (see image below)
  - 2) Numeric Pain Scale (0-10)
  - 3) “FLACC” Pain Scale
- For younger patient who are unable to speak or are unable to relate pain intensity to numbers; the FACES scale is a suitable choice. The doctors and nurses may ask your child to rate their pain on a scale of 0-10. (image below)
- Reporting pain as a number helps the doctors and nurses know how well their treatment is working and whether to make any changes.

#### Wong-Baker FACES™ Pain Rating Scale



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### How Do We Reduce Your Child's Pain?

- We encourage all caregivers to be involved in addressing their loved one's pain. We understand that pain is not just physical and have a team dedicated to addressing your needs here in the hospital; Child Life Specialists, Medical Social Workers, Nurses Physicians, Chaplains, and volunteer groups. We take the “3Ps” approach (Physical, Psychological, and Pharmacological) in ensuring that your child's comfort level is met.

### Remember?

- We encourage you and/or your child to share your pain level with your care team.
- You have a right to ask for pain medicine.



# AFTER SURGERY

## Recovery at Home - ADULT & CHILD

### Within 12 Hours After Surgery

- Sit up in bed to help prevent pneumonia.
- Begin to eat and drink to give you energy to heal.
- Eat meals in a chair.
- Wash your hands regularly.
- Brush your teeth.
- Walk or stay active. Moving helps your body recovery.
- The best way to help prevent blood clots and pneumonia is by being active and walking when possible.

### Routine Nonurgent Care

Refer to the information below. Email your doctor via [kp.org](http://kp.org), speak with your surgeon, call your clinic during the day or 1-888-988-2800 after hours, if needed.

#### These are common symptoms after surgery:

##### Pain

- It is normal to have **some** pain until your body heals. It may take days to weeks for the pain to fully resolve. Follow your doctor's pain medicine recommendations. Medicines like Tylenol and Motrin help decrease the amount of narcotic pain medicines needed.

##### Constipation

- Your pain medicines may cause constipation. Drink plenty of fluids, eat foods high in fiber, and take stool softeners to prevent constipation.

##### Drowsiness and Dizziness

- It is normal to feel drowsy and dizzy after surgery. There's no need to worry, but be careful when getting up.

##### Nausea and Vomiting

- You may feel nauseous and may even vomit. Taking your pain medicines with food may help. If you can't keep water down, call 1-888-988-2800.



# AFTER SURGERY

## Recovery at Home - ADULT & CHILD

### Difficulty Urinating

- If you have difficulty urinating and have the urge to urinate, try to urinate several times. Seek medical attention by calling 1-888-988-2800 if you cannot urinate and experience any of the following:
  - ~ Bladder fullness or heaviness
  - ~ Discomfort or pain when urinating
  - ~ A sense of urgency (immediate feeling of needing to urinate)
  - ~ Urinating frequently in small amounts and do not feel that you have emptied your bladder.

### Urgent Care

Call 1-888-988-2800 for advice. If you have an urgent care need, we can direct you to the appropriate facility or assist you in scheduling a same-day or next day appointment.

### A complication that requires prompt medical attention but is not an emergency medical condition.

- Fever over 101.5° F for adults or fever over 100.4° F for children
- Bright red blood that won't stop (some oozing of blood is normal)
- Signs of a blood clot:
  - ~ Pain or redness in your calf, back of knee, thigh, or groin
- Stitches are loose
- Open incision
- Difficulty urinating
- Signs of infections:
  - ~ Pain, swelling, warmth or redness
  - ~ Red streaks from the incision
  - ~ Pus draining from the incision
  - ~ Swollen lymph nodes

### Emergency Care

Call 911 for emergency care.

### A medical condition that requires immediate medical attention.

- Lose consciousness (pass out)
- Severe trouble breathing
- Severe chest pain
- Severe bleeding