

Pain: What to Expect and How to Manage at Home



Based upon your injury or illness, some pain will not disappear completely. Review the following information to better understand what to expect while dealing with pain.

- Due to injury or illness, you may continue to experience a varying level of pain.^{1,2}
- Work to develop non-opioid and non-medicinal methods to self-manage pain.^{1,2}
- If you are actively injured, pain will not disappear immediately.^{1,2}
- Surgery does not guarantee a pain-free result. At times this can temporarily increase pain short-term.^{1,2}
- There is a risk of complications with surgery and medications throughout the process.^{1,2}
- Work with your provider to develop a pain plan for your post-operative time.^{1,2}
- Make sure to have support from family and friends during recovery. If possible, include them in conversations with your medical team.^{1,2}

Comfort Menu

To support healing and management, use this Comfort Menu to help you explore various ways you can manage your pain at home.



Use an ice pack³



Apply a heating pad³



Use a blanket or extra pillows³



Apply a warm or cool washcloth³



Play relaxing music or soft background sounds³



Distract yourself from the pain through various activities⁴



Walk or gently stretch³



Move your body⁵



Imagine positive and relaxing things (visualization)³



Breathe slowly⁶



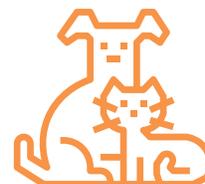
Pray or meditate⁷



Change the environment: pillows, lighting, bed, etc.³



Use Aromatherapy⁶



Spend time with pets³



Reduce stress⁹

References

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