What My Doctor Should Know

How much time have you spent researching pain treatment options?
- 1 - 3 Hours
- 4 - 6 Hours
- 6 Hours

How much medical detail are you comfortable with?
- None. No medical jargon, please.
- A little, but keep it simple. I don't have a science background.
- Provide details, but moderately. I have a science background.

What do you feel is your tolerance to pain?
- Low
- Medium
- High

These are my biggest concerns about pain after surgery:
- Comfort
- Interference with my daily activities (work, cooking, food shopping, child care)
- Taking medication on time and properly
- Other

These are my concerns about pain medications:
- Remembering to take medication
- Taking medication properly
- Side effects
- The pain won't stop
- Addiction or dependence to prescribed opioid medications
- Other

These are my concerns about recovery at home:
- Comfort
- Interference with my daily activity (cooking, food shopping, child care)
- Taking medication on time
- Uncontrolled pain
- If I am prescribed an opioid, how long should I take the medicine and when can I reduce the dose?
My level of caregiver support during recovery at home:
- None
- Some hours of some days
- Some hours every day
- Someone is always with me

General information about pain:
- The causes of pain
- Types of pain I might experience
- How much pain to expect
- How long the pain will last
- How to describe my pain and how a “pain scale” works

Pain management and pain medications:
- Pain treatment options in the hospital during and after surgery
- How I can minimize exposure to opioids
- What are my non-opioid options?
- How my pain will be monitored and by whom in the hospital
- How my pain will be monitored and by whom at home
- How my pain will be monitored and by whom at a caregiver’s home
- Pain treatment options at home during my recovery
- Side effects of different treatments and how they’ll be dealt with
- What happens if the pain isn’t relieved
- Conditions that can complicate pain management
- Opioids and the risk of side effects, tolerance, or addiction
- Complementary and alternative medication (CAM), and if it’s right for me

Getting ready for surgery:
- Things I can do physically or otherwise before surgery that might help manage the pain and speed my recovery
- Things I can do prepare for my recovery at home
- Where I can find information about post-op pain management and recovery online or at the library
- How to tell if information is reliable and accurate
What My Doctor Should Know

Post-op recovery:
- Recovery issues other than pain that I should know about
- What my caregivers should know about pain management and post-op recovery
- Complications to watch for
- Activities I should or shouldn't attempt (such as driving or traveling)
- Going back to work

If You’re Prescribed An Opioid, Ask These Question:
- Is this safe to take with my other medications?
- Is this the lowest appropriate dose/number of pills?
- When can I stop taking this, and how should I wean off?