

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?

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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

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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?