

# Pain After Surgery

You will have pain after surgery. Together, you and your health care team will create a pain plan that is right for you.

You and your health care team will also establish a “pain goal” – the amount of acceptable pain you can handle. Your health care team will help you balance your pain so you are able to do your physical therapy and activities of daily living.

## Pain scale

Using a number scale (0 to 10) to rate your pain will help the health care team members know how severe your pain is and help them make decisions about how to treat it.

### Allina Health Pain Assessment Scale

**Your Pain Goal**

\_\_\_\_\_

(number)

I want to be able to:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

<b>10</b>	<b>Worst Pain You Can Imagine</b>
<b>7-9</b>	<b>Severe Pain</b> <b>Pain keeps you from doing your regular activities.</b> ⑨ Pain is so bad that you can't do any of your regular activities, including talking or sleeping. ⑧ Pain is so intense that you have trouble talking. ⑦ Pain distracts you and limits your ability to sleep.
<b>4-6</b>	<b>Moderate Pain</b> <b>Pain may interfere with your regular activities.</b> ⑥ Pain makes it hard to concentrate. ⑤ You can't ignore the pain but you can still work through some activities. ④ You can ignore the pain at times.
<b>1-3</b>	<b>Mild Pain</b> <b>Pain doesn't interfere with your regular activities.</b> ③ You may notice the pain but you can tolerate it. ② You may feel some twinges of pain. ① You may barely notice the pain.
<b>0</b>	<b>No Pain</b>

Adapted with permission by Dr. Armaan Singh, 2015.