



## Pain is Normal After Surgery

- Stay ahead of pain and take pain medication as scheduled
- Use no-drug pain relief like ice, rest and breathing exercises
- DO NOT DRIVE if taking narcotics for pain
- Early pain management typically results in quicker and better control, so please let us know how your pain is feeling as soon as possible. It's crucial to keep in mind that your pain could be dull, sharp, throbbing, continuous, intermittent, etc. The pain scale below can be a helpful tool to communicate how you are feeling to your provider.

Wong-Baker FACES® Pain Rating Scale

