

Pain and discomfort is different for everyone. You should expect to experience pain after surgery. The goal for pain and discomfort is keeping it at a manageable level to continue with exercises and activities.

Comfort options can help manage your pain and discomfort keeping you more relaxed during your stay with us. The following suggestions and actions are available during your stay to help manage your pain.



### **Comfort Items**

- Specialty Mattress
- Ice packs
- Warm blankets
- Extra pillow
- Food/snack
- Fan

### **Comfort Actions**

- Re-Positioning
- Gentle Stretching
- Walk in the hall
- Shower
- Sitting up in the chair
- Adjust lighting

### **Relaxation Options**

- Ear plugs
- Visit from clergy
- Quiet/uninterrupted time
- Relaxation TV channel
- Breathing Techniques
- Stress Ball

### **Things You May Want From Home for Comfort and to Decrease Boredom**

- Neck pillow
- Eye shield
- Personal headphones
- Aromatherapy
- Radio
- Sound machine
- Handheld back massager
- Book
- Deck of cards
- Puzzle book
- Crossword book
- Handheld video games
- Board games
- Laptop

Working with you throughout your stay to help manage your pain and discomfort is a priority. Discuss with your nurse if:

- Pain medication is needed
- Pain continues
- Any additional questions