

## Pain relief expectations

In terms of pain control, it may not be reasonable to expect “no pain.” Your pain should be controlled enough to allow deep breathing and coughing, turning in bed, walking or other physical activities in your daily routine.

You have a right to effective pain management. While zero pain may not be possible, you should be comfortable enough to visit friends and family. Please call your doctor if you have any questions about how to manage your pain more effectively.

## A word about addiction

Use of strong medication, including narcotics, for pain relief rarely leads to addiction. Pain medications become addicting only when taken for the feeling of getting “high” instead of pain relief. If you have any concerns about addiction, please talk to your nurse or doctor.






## How to “measure” your pain

Your doctor will frequently ask you to measure your pain, by using one of the following scales:

### Numeric Pain Scale

None	Moderate	Worst
0 1 2 3	4 5 6 7	8 9 10

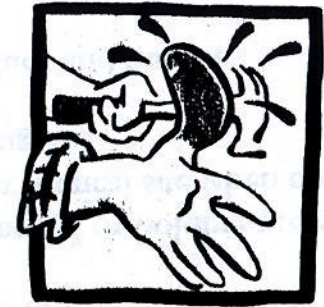
### Faces Scale

					
0	1-2	3-4	5-6	7-8	9-10

*Your goal is the level where you can comfortably perform your daily activities.*

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## Understanding Your Pain



Lakeview Village  
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