Your pain management plan

Expected pain level: /10 Physical activities to do: Expected duration: Signs for concern: When to start: Alternative pain management to use: How often: Side effects to watch for: Emergencies After hours phone number: Doctor: Phone: Weekend phone number: Pharmacy: Phone: Family/Friend: Phone:	Pain	Recovery	
Signs for concern: When to start: Alternative pain management to use: How often: Side effects to watch for: Emergencies After hours phone number: Doctor: Phone: Weekend phone number: Pharmacy: Phone:	Expected pain level: /10	Physical activities to o	do:
When to start: Alternative pain management to use: How often: Side effects to watch for: Emergencies After hours phone number: Doctor: Phone: Weekend phone number: Pharmacy: Phone:	Expected duration:		
Medications Name/Dose: How often: Side effects to watch for: Emergencies After hours phone number: Doctor: Phone: Weekend phone number: Pharmacy: Phone:	Signs for concern:		
Medications Name/Dose: How often: Side effects to watch for: Emergencies My support team After hours phone number: Doctor: Phone: Weekend phone number: Pharmacy: Phone:		When to start:	
How often: Side effects to watch for: Emergencies My support team After hours phone number: Doctor: Phone: Weekend phone number: Pharmacy: Phone:	Medications	Alternative pain management to use:	
Side effects to watch for: Emergencies My support team After hours phone number: Doctor: Phone: Weekend phone number: Pharmacy: Phone:	Name/Dose:		
Emergencies My support team After hours phone number: Doctor: Phone: Weekend phone number: Pharmacy: Phone:	How often:		
After hours phone number: Doctor: Phone: Weekend phone number: Pharmacy: Phone:	Side effects to watch for:		
After hours phone number: Doctor: Phone: Weekend phone number: Pharmacy: Phone:			
Weekend phone number: Pharmacy: Phone:	Emergencies	My support team	
	After hours phone number:	Doctor:	Phone:
Family/Friend: Phone:	Weekend phone number:	Pharmacy:	Phone:
		Family/Friend:	Phone:





