

# Do you have a pain management plan?

Talk to your provider about:



## Pain

Pain is part of the healing process. Learn what is normal and what is cause for concern.



## Medications

Know about risks, side effects, specific dosage, and maximum daily limits.



## Recovery

Understand what physical activity you can and can't do and how long recovery typically takes.



## Support

Decide who will help take care of you and whether you'll need special medical equipment.



## Emergencies

Know what to do and who to call in an emergency, after hours, or on the weekend.