

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.