

# PREPARING FOR SURGERY? TALK TO YOUR DOCTOR ABOUT MANAGING YOUR ACUTE PAIN.



The following content is not meant to replace conversations with your doctor, be misconstrued as medical advice, and should not limit conversations with your doctor. Talk to your doctor if you have any questions or confusion about the information shared.

## PREPARING FOR ACUTE PAIN AFTER SURGERY

Do you have an upcoming surgery? Consider discussing your treatment options and full treatment plan with your doctor prior to surgery. These questions can help to get the conversation started.

**If this is a medical emergency, please dial 911 immediately or go to the nearest emergency room.**

### Before surgery

1. Is there anything I should do before surgery that can help me prepare for pain and recovery?
2. Are there any medications I should take or avoid?


### Recovering from surgery


1. In terms of pain, what should I expect during my recovery?
2. What are my pain management options after surgery? How long might I require pain management?
3. Is there anything in my medical or family history that may impact my choice of pain medication?


### Understanding your pain medication

1. What are some options to help manage my acute pain, including nonopioid options, if any?
2. What are the differences between the options, including opioids and nonopioids?
3. What are the potential long- and short-term side effects of the medication you're prescribing, and what should I do if I experience them?
4. Will I need to adjust my current medication regimen while taking this medication?
5. Will this medication have any impact on my daily activities and long-term health?
6. Are there any pain management strategies I may be able to use in addition to medication?
7. What level of pain relief might I expect with this medication?

## THREE SUGGESTIONS TO CONSIDER BEFORE YOUR APPOINTMENT

 **Advocate for yourself**  
Express your concerns and don't hesitate to seek second opinions when necessary.

 **Take notes**  
Print and bring this guide to your next appointment and use the area below to jot down notes. It can be hard to remember everything.

 **Get clarity**  
Ask follow-up questions when you don't understand something. If you forget to ask a question during the appointment, call and leave a message following up on your concern.

**TALK TO YOUR DOCTOR ABOUT WHAT TO EXPECT FROM YOUR ACUTE PAIN.**

**NOTES:** \_\_\_\_\_

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**This information is for educational purposes only. It is not intended to replace discussions with a doctor. All decisions regarding patient care must be made with a doctor, considering the unique characteristics of the patient.**

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