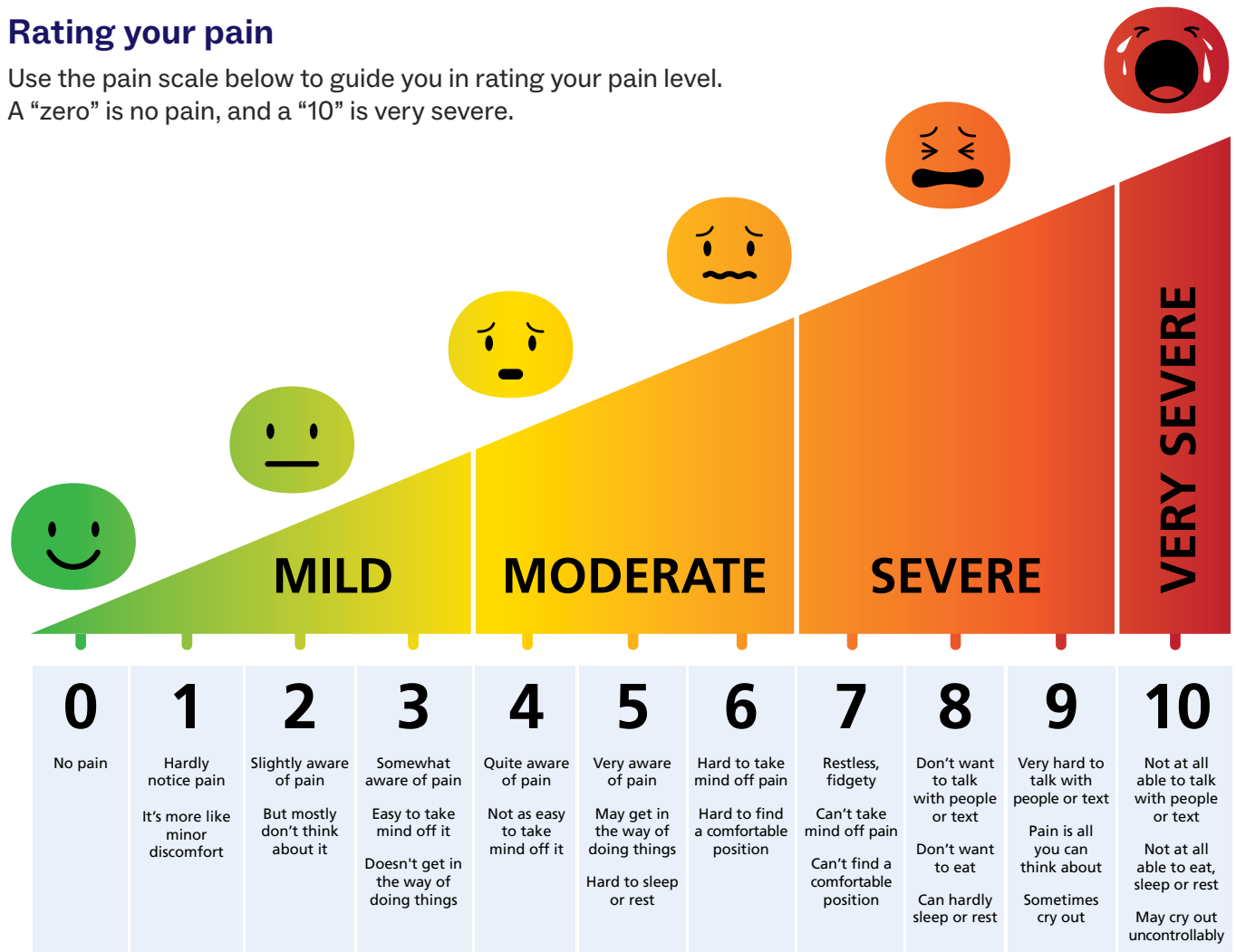


# Managing Your Pain in the Hospital

It is normal to have pain or discomfort when in the hospital. Your care team will help you manage this pain so that you can participate in the therapies and activities that will help you heal faster. It's important to tell your healthcare team when you have pain so they can better understand how to help you.

## Rating your pain

Use the pain scale below to guide you in rating your pain level. A "zero" is no pain, and a "10" is very severe.



## Types of pain medications

You may be prescribed more than one type of pain medicine depending on your specific need.

These may include acetaminophen (Tylenol), non-steroidal anti-inflammatories or NSAIDs (such as ibuprofen or naproxen), steroids, and topical pain cream. Opioids are only given as prescribed and in the lowest amount possible. Each medicine has a separate dosing schedule. Talk with with your nursing team about which ones are available upon request.



# Other Ways to Reduce Pain

Talk to your nursing team about what treatments are available and what may be right for you.

## Cold therapy

Different kinds of cold & heat therapy help to reduce inflammation and pain.



## Guided imagery and meditation

Watching and listening to guided imagery and meditation programs can help with pain control.

Check out this example:

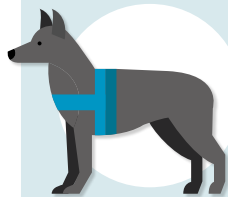


## Repositioning

Repositioning and moving your body can help to lessen pain. Ask an aide or the nurse if you need help changing your body's position.

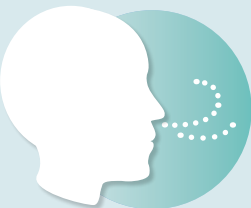
## Pet therapy

Scheduling time with a pet therapy dog can help to distract you from pain.



## Music therapy

Listening to music has been shown to decrease pain levels. Listen to music on your personal device or select a cable TV music channel.



## Aromatherapy

Some essential oils like mint and lavender have scents that have been known to help calm and distract from pain.

## How can I learn more?

Check online at [IntermountainHealthcare.org/services/pain-management/](https://www.intermountainhealthcare.org/services/pain-management/) for more information.

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