



Royal College
of Nursing

Help with your pain

Pain is when part of your body is sore or hurts.



This leaflet is for people who have had an **operation** in hospital.

Most people feel some pain after their operation.



It may hurt on the part of your body where you had your operation.

Medicine can make your pain go away for a while.



If you are in pain you can be given some medicine.

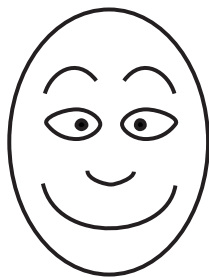


If you need help or are in pain tell the nurse. They will help you.



A nurse can give you medicine for your pain. The nurse will check if this has helped. If the pain comes back the nurse can give you more medicine.

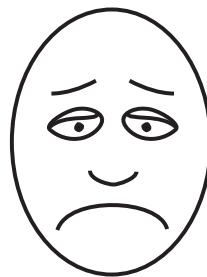
This pain scale may help you say how bad the pain is.



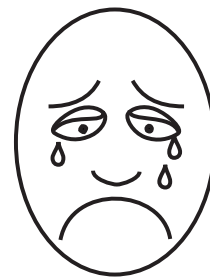
No
pain



Some
pain



Bad
pain



Very bad
pain



0

1

2

3

You may not be able to tell us that you are in pain.

Some people show they are in pain by how they behave.



They may
get upset



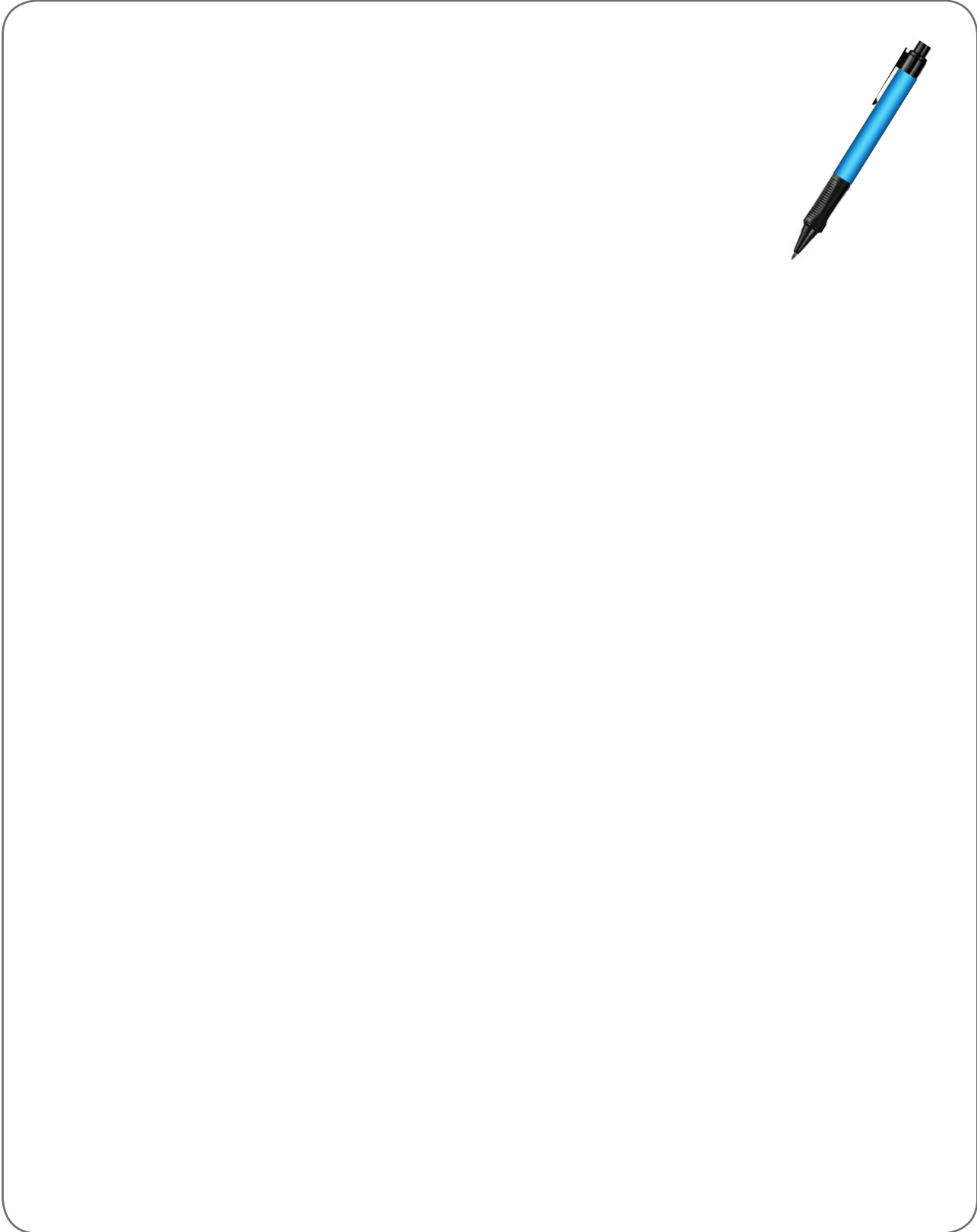
They may
go quiet



They may
be noisy

Your supporters can tell us how to notice you are in pain.
There is space for this on the next page

Your supporters can write how to notice that you are in pain in the box below.

A large, empty rounded rectangular box with a thin black border, intended for writing. In the top right corner of this box, there is a small, stylized icon of a blue and black ballpoint pen, angled diagonally.