

PAIN SCALE

Postoperative pain varies from person to person. In general, the pain is most intense during the first 48 to 72 hours after surgery. It will gradually decrease over time.

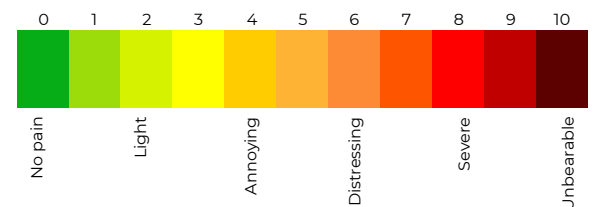
In order to promote a quick and complete recovery, it is essential to get good pain relief and rest. Unrelieved pain can slow your recovery and have negative impacts on sleep, digestion and anxiety.

During your recovery, you will be asked frequently about the intensity of your pain on a scale of 0 to 10.

At 0, the scale indicates no pain and at 10, it indicates the worst pain experienced.

Remember that the more pain you have, the more difficult it is to relieve it completely, so it is important to discuss it with the nursing staff when it occurs.

Pain scale :



CONTACTS

Nurse at Centre Métropolitain de Chirurgie :
Monday to Thursday, 514 332- 7091 ext. 211

Your surgeon;

Nonemergency hotline in your area
Quebec: 811

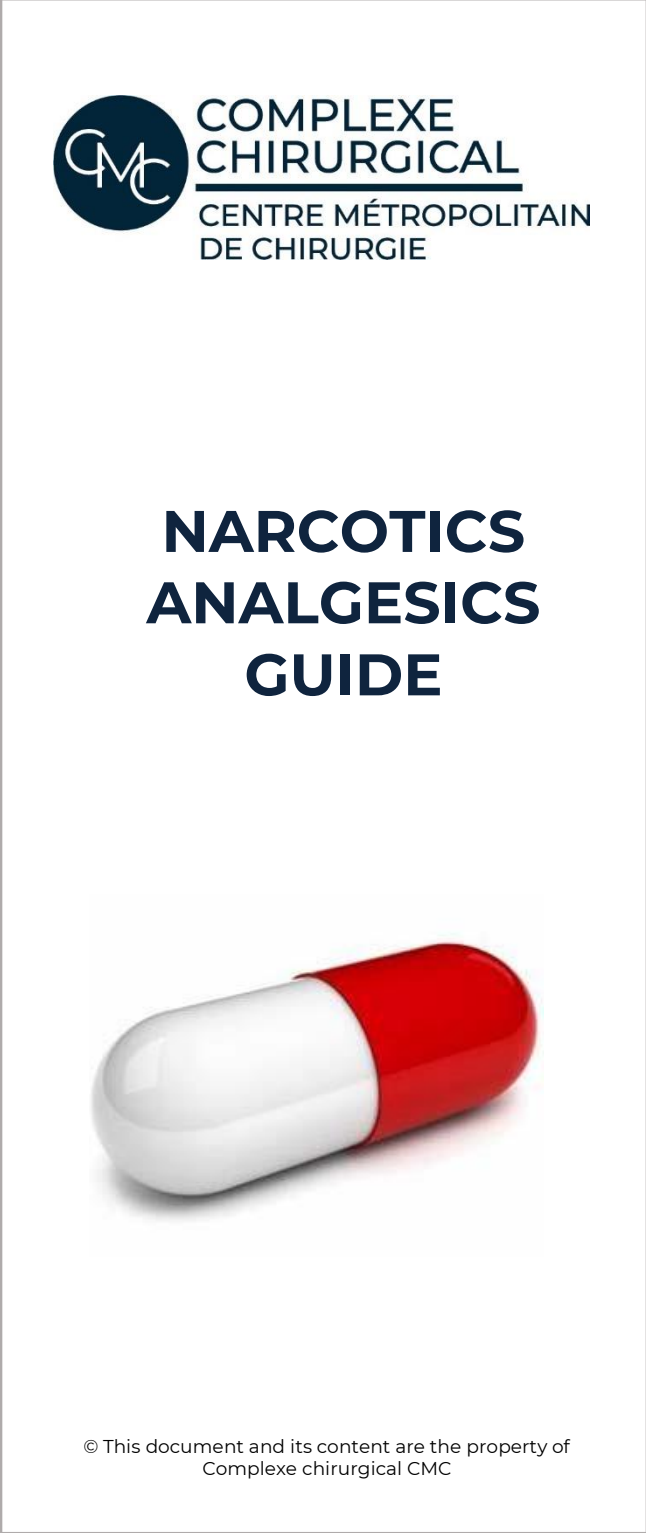
Emergency services in your area

Canada: 911
United-States: 911

PERSONAL NOTES

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Revised by the Director of Nursing, Juillet 2023
Approved by Dr. Brassard, Juillet 2023



NARCOTICS ANALGESICS GUIDE



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NARCOTICS ANALGESICS

Narcotic (or opiates) analgesics are drugs used for pain relief. They have the effect of blocking the pain signal from the brain. There are several types of pain medication. Examples include: tramadol (Ultram), morphine (Statex), codeine (Empracet), hydromorphone (Dilaudid), oxycodone (Supeudol), etc.

Tramadol, oxycodone and hydromorphone are the three main narcotic analgesics used in our facility.

HOW TO TAKE THESE MEDICINES?

They should be taken with great care according to your doctor's instructions. Make sure you understand and follow the instructions carefully.

CAUTION !

- Never drink alcohol while taking narcotic painkillers.
- Tablets should be swallowed whole and should not be broken, crushed or chewed unless directed by your doctor or pharmacist.
- Tell your doctor if you are taking any other medicines, prescription or nonprescription.
- Do not drive while taking narcotic painkillers. Refer to your car insurance company for more information.

If your pain persists, contact your physician. Never increase the dose until you have discussed it with them.

SIDE EFFECTS

Side effects may be experienced when you take narcotics. These effects will lessen as your body gets used to the medicine. The most common side effects are:

Drowsiness

- Get some rest. If possible, take a nap after taking your medicine.

Dizziness

- Stand up and move around slowly.

Dry mouth

- Drink plenty of fluids.
- Brush your teeth regularly.

Nausea and vomiting

- Lie down after taking the medicine.
- Contact your doctor if nausea and vomiting persist for more than 48 hours.

Constipation

- Drink plenty of clear fluids.
- (2 to 3 L per day).
- Take short walks and exercise if your type of surgery allows.
- Follow your surgeon's recommendations.
- Eat a diet rich in fruit and fibre. Prunes and prune juice have natural laxative properties.
- Talk to your doctor or pharmacist if the problem persists.

SIDE EFFECTS



Contact your doctor if you experience any of the following side effects:

- ✓ Blurred vision
- ✓ Difficulty urinating
- ✓ Confusion
- ✓ Difficulty breathing
- ✓ Pain not relieved
- ✓ Unusual snoring

If your sleep becomes very deep and you cannot be awakened, your attendant should call **911** and continue to stimulate you until help is available.

PEOPLE AT RISK FOR SEVERE DROWSINESS

- People 70 years of age and older.
- People who have been taking narcotic painkillers for less than a week.
- People who have suffered a head injury.
- People who are obese.
- People who use alcohol and drugs.
- People who are taking other medications.
- People diagnosed with.
 - Lung disease
 - Sleep apnea
 - Kidney or liver failure
 - Neurological or neuromuscular disorders