



# ***Caesarean Section Post-Operative Pain Management***

*Here is some information for you to take home*

## **Managing Post-Operative Pain**

- It is very important that you communicate with your nurse and doctor about pain. This will enable the health care team to treat it early and in some cases thereby preventing pain.
- Unrelieved pain can have a negative impact and hinder your healing.
- Every person is unique and has a different tolerance thereby determining your need and frequency of medication.
- A person's sex, race and age have no bearing on pain tolerance.

## **Preventive Measures Taken To Relieve Pain**

- If you have a regional (spinal or epidural) anaesthetic for your surgery, you may not feel any discomfort until the freezing starts to wear off.
- Many patients will ask the nurse for pain medications after surgery to prevent anticipated pain.
- Studies show that anticipated pain typically requires less medication than treating the pain once it occurs
- Many doctors order pain relief medication "on a needed basis" to ensure that it is available when required.

## **Taking Your Pain Medication**

- The medication the doctor orders will work best if you take it regularly instead of waiting for the pain.
- A regular schedule immediately after surgery keeps a steady amount of pain relief in your body.
- If you do not follow the instructions regarding the medication, the pain may get out of control as there is not enough medication in your system to provide pain relief.

- While many people have the fear of becoming addicted to pain medication, studies indicate that fewer than two patients per thousand who receive narcotics for acute pain become addicted to them.
- Constipation can be a side-effect that comes from pain medication. It can be easily resolved by increasing fluid and fibre.
- The effectiveness of pain medication can differ between individuals.

### Little Known Facts About Pain

- Pain acts as a warning signal to the individual that something may be wrong.
- Pain is an uncomfortable sensation, often associated with tissue damage and generally defined by its acute or chronic nature.
- Acute pain is usually associated with surgery and subsides as tissue healing takes place.
- Pain can **only** be described by the individual who is experiencing it.

Source: Research paper – Deb Bezanson BScN – Non-published

### IF YOU HAVE QUESTIONS ABOUT YOUR MEDICATION – PLEASE ASK YOUR NURSE OR DOCTOR

#### Questions For Your Doctor / Other Instructions:

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