

# Caesarean Section Post-Operative Pain Management

## Managing Post-Operative Pain

It is very important that you communicate with your nurse and doctor or midwife about pain. This will enable the healthcare team to treat it early and in some cases limiting pain. Unrelieved pain can have a negative impact and hinder your healing. Every person has a unique tolerance which determines your medication need and frequency. 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 anticipated pain typically requires less medication than treating the pain once it occurs. Many doctors order pain medication on an "as needed" basis to ensure 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. The effectiveness of pain medication can differ between individuals. If you have questions about your medication please ask your nurse or doctor.

While many people fear becoming addicted to pain medication, studies indicate that fewer than two patients per thousand (.2%) 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 intake.

## 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 describe by the individual who is experiencing it.