**Management of acute pain after surgery**

Pain after cardiac surgery is normal, **but it is not normal to suffer through it.**

**Why relieve pain?**

1. To maximize your physical comfort. This will allow you to accomplish your daily activities such as:

* To get from your bed to the chair
* To walk in the hall
* To take a shower
* Etc…

2. To decrease pulmonary problems such as pneumonia

**Pain assessment method use is a numerical scale from 0 to 10**



Severe pain

Moderate pain

Light pain

No pain

|  |  |
| --- | --- |
| The role of the nurse | **The role of the patient** |
| • To regularly assess pain• To evaluate the effectiveness of treatments• To support the patient in optimizing his or her pain control | • To inform the nurse of the presence of pain and or discomfort • To tell the nurse if the pain or discomfort persists• To tell the nurse if you have side effects such as nausea, vomiting, constipation, etc… |

For more information please consult: https://www.icm-mhi.org/fr/soins-et-services/services-et-cliniques/service-danalgesie-postoperatoire