

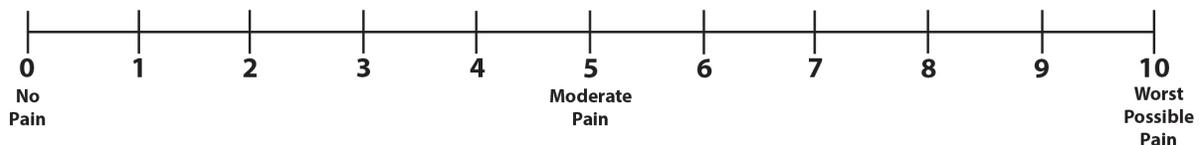
# About Your Pain

Pain is the body's way of sending a message to your brain that help is needed. Tell your doctor or nurse about your pain, so they can help you feel better.

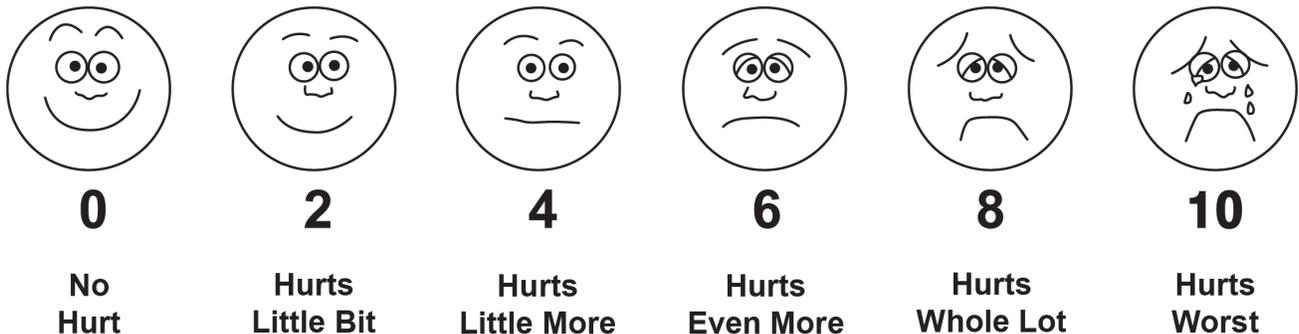
## You may be asked to describe your pain:

- Where is your pain? Point to the place on your body where it hurts.
- Does the pain spread to other parts of your body?
- When did the pain start?
- How much does it hurt? Point to a number or face that shows us how much pain you are having.
- What does it feel like? Does it burn, tingle or ache? Is it dull or sharp? Is it constant or does it come and go?
- Is it worse at any time of the day? Morning? Evening?
- What makes the pain feel better?
- What makes the pain feel worse?
- What have you done to try to relieve the pain?
- Does the medicine make it feel better?
- Does it hurt more when you are active or lying still?
- Does the pain affect other parts of your life?

### Numeric Rating Scale



### Wong-Baker FACES® Pain Rating Scale



- Does it make it hard to sleep, eat, or care for yourself or others?
- Does it cause you to be upset, cry or to be irritable?

Talk to your doctor or nurse about your pain. Share your concerns and ask questions.