

# MANAGING POST-OPERATIVE PAIN

## *Alternatives to Medication*

After most surgical procedures, you should expect to feel a degree of pain. Medications are not the only way to manage your pain following surgery. Shore Medical Center believes in a holistic approach to healing. To better manage your pain, consider the following techniques:

### **Visualization or Guided Imagery**

Visualization helps take your mind off the pain:

1. Close your eyes. Breathe deeply.
2. Picture yourself in a quiet, peaceful place.
3. Imagine how you feel in that place.
4. If other thoughts enter your mind, take a deep breath and try again.

### **Progressive Body Relaxation**

Relaxation helps relieve stress and pain:

1. Close your eyes. Clench your foot muscles.
2. Hold for a few seconds. Release.
3. Repeat with the muscles in your calves.
4. Work slowly up your body, tensing and relaxing different muscle groups from your abdomen, chest, arms, neck and face.

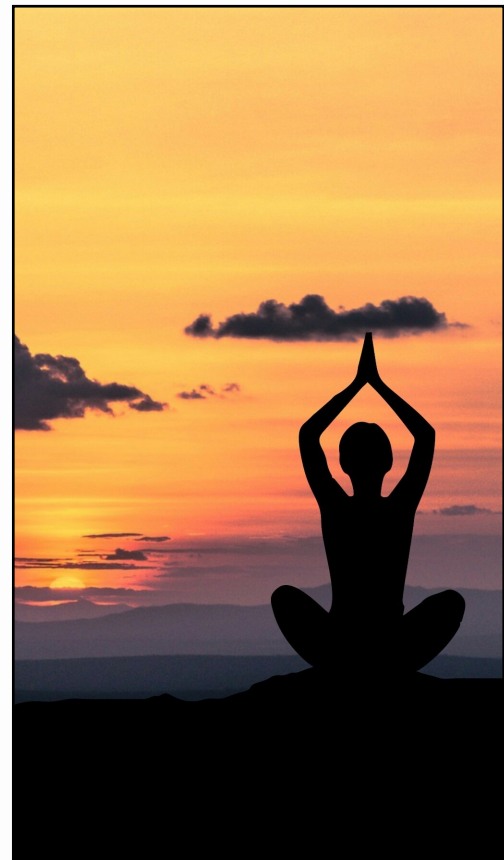
### **Deep Breathing**

Deep breathing relaxes your whole body:

1. Inhale through your nose, slowly and deeply.
2. Hold your breath for a few seconds.
3. Exhale through your mouth, slowly and deeply.

### **Apps for Relaxation**

A variety of mobile apps - including Calm; Headspace: Meditation; Guided Meditation & Relaxation - provide resources you can use for pain management.



*Because You  
Are The Center  
Of All We Do!*

