

# ACTION PLANNING FOR HEALING AFTER SURGERY

Today's date: \_\_\_\_/\_\_\_\_/\_\_\_\_(mm/dd/yy)

Patient's name: \_\_\_\_\_

Remember surgery can be painful. Healing takes time

Ask your provider what to expect for surgery and recovery

Think about what has helped with pain management in the past

Share your concerns with your healthcare team

How do you plan to care for pain after surgery? Select all that apply

<input type="checkbox"/> Over the counter medications <input type="checkbox"/> Ibuprofen (Motrin®) <input type="checkbox"/> Acetaminophen (Tylenol®)	<input type="checkbox"/> Physical Methods <input type="checkbox"/> Hugs/Comfort <input type="checkbox"/> Massage <input type="checkbox"/> Heat <input type="checkbox"/> Cold <input type="checkbox"/> Gentle Exercise <input type="checkbox"/> Relaxation <input type="checkbox"/> Mindfulness <input type="checkbox"/> Deep Breathing	<input type="checkbox"/> Distraction <input type="checkbox"/> Art <input type="checkbox"/> Books <input type="checkbox"/> Games/play <input type="checkbox"/> Music <input type="checkbox"/> Special foods	<input type="checkbox"/> Prescription medications such as opioids (only for procedures that may cause severe pain) <input type="checkbox"/> I am willing to have an opioid prescription if offered <input type="checkbox"/> I do not want an opioid prescription
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Do you have any of the following? Select all that apply

<input type="checkbox"/> Chronic/ongoing pain <input type="checkbox"/> Allergies to ibuprofen or acetaminophen <input type="checkbox"/> Allergies to opioids <input type="checkbox"/> Past use of opioids such as oxycodone or hydrocodone for pain	<input type="checkbox"/> Anxiety about surgery and pain <input type="checkbox"/> General anxiety <input type="checkbox"/> Depression <input type="checkbox"/> Patient history of substance use <input type="checkbox"/> Family history of substance use
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Additional comfort measures and notes for the care team:

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To find more information about pain management, scan the QR code or visit [michigan-open.org/open-teen](https://michigan-open.org/open-teen).