

Pain? It ain't necessary!

Dear Patient, we would like to inform you about our special pain service at the **Ruhrlandklinik Essen**.

The Acute Pain Service belongs to the Department of Anaesthesiology and Pain Therapy. We are especially involved in the treatment of postoperative pain. According to current medical knowledge, all modern treatments, procedures and algorithms are used to make your stay as comfortable and painless as possible. After your surgery you will be visited daily by a Pain Nurse or a Pain Doctor to adjust pain therapy to your special needs.

On our daily visitations Pain Service will ask to following topics:

- Please explain your present pain and rate it on a scale of 0 to 10, where 0 means no pain and 10 means the worst pain imaginable, comparable to touching fire.



No Pain	0	1	2	3	4	5	6	7	8	9	10	Incredible Pain
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- Medication for pain treatment is very well tolerated; nevertheless side effects can not be abolished completely but diminished. Therefore we will ask you about side effects such as nausea and vomiting, constipation, dizziness and pruritus.
- Your daily pain score will be compared to your score the previous day to assess your prognostic necessary dose with the aim to reduce it until your discharge from hospital

On the basis of your information pain medication will be adjusted optimally, with regard to possible or present side effects.

During our ward rounds we will try to answer all your questions concerning pain therapy, unfortunately we can not give you information about operations, surgical treatments, removal of drainages, histology or the day of your discharge from hospital. Please direct your questions to the house officer of your surgical ward.

In case an extended surgical procedure is planned, we will inform you about the epidural catheterisation for pain therapy during and after surgery. Placement of this catheter needs your cooperation, so it takes place before general anaesthesia starts. To plan the best treatment for your needs an anaesthesiologist will inform you about all possible methods of anaesthesia and pain therapy. Please feel free to ask all questions that we were unable to answer by this letter.

We wish you a pleasant and painless stay at the Ruhrlandklinik Essen.