



Pain Management

Your pre-operative questionnaire indicated that you may have difficulty with pain.

By understanding your pain, your health care team can work with you to manage your symptoms, improve overall health functioning, reduce the risk of postoperative complications and maintain your wellbeing through your healthcare journey.

You may be contacted by a pain clinic. They help patients who are having surgery with medication changes, medical treatments, and provide education on different ways of pain management to help reduce pain and opioid use.

What you can do to reduce your pain before surgery:

- Meet with your family or clinic doctor, counselor, or other health care provider to create a plan to improve or reduce your pain
- Visit selfmanagementbc.ca to find community programs
- Visit painbc.ca
- Visit HealthlinkBC.ca or call *8-1-1 for more information about pain management
- Visit <http://www.comh.ca/pchc/> for a free online workbook that includes sections on managing mood, worry and relaxation practices.
- Visit www.keltyskey.com/self-help/ for a self-directed online module for anxiety and chronic pain.
- Other: _____

Resources:

Self-Management BC
selfmanagementbc.ca



Pain BC
painbc.ca





Making better
decisions together
with patients
and families

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