

A Guide To Pain Control For Problem Wounds



Don't Put Up With Pain

A problem wound can often be painful, but physicians who specialize in wound care can help prevent or relieve the pain often associated with a problem wound.

Pain Control: What Are The Options?

There are several options to consider in helping to prevent and control pain. Some methods involve taking medication while others are natural remedies. Your doctor will decide which ones are right for you.

Examples Of Pain Control Methods

As with all treatments, follow your physician's advice in choosing the right treatment options for you:

Non-Steroidal Anti-Inflammatory: These drugs, which include ibuprofen and aspirin, are effective in treating pain that is caused by inflammation.

Acetaminophen (Tylenol): This drug, which is gentler on the stomach, is good for minor aches and pains.

Narcotics: These pain relievers work by blocking the pain signal that travels to the brain.

Natural Remedies: Relaxation, meditation, counseling, hypnosis, biofeedback, behavior modification, massage therapy, and even listening to music and positive thinking, are examples of natural remedies that may relieve pain.



How To Describe Your Pain

You may be asked to rate your pain on a scale of "0 to 10". Reporting your pain as a number helps the doctors and nurses know how well your treatment is working and whether to make any changes.

What Can You Do To Help Keep Your Pain Under Control?

Keep a record of your pain medication schedule and its effectiveness and be prepared to discuss it with your doctor.

Talk to your doctor about:

- Pain control methods that have worked well, or not so well, for you in the past
- Concerns you may have about taking pain medications
- Allergies you have to pain medication
- Alternative methods for managing mild to moderate pain

Any wound that has not started to heal in two weeks or completely healed in six weeks may benefit from a specialized wound healing center. Ask your regular physician if a referral to a wound healing center might be the right option for you.

This is an example of the pain scale you may use

