

# Pain control

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Pain is different for everyone. Some people can handle more pain than others. But even the slightest pain can keep you from eating, sleeping and doing the things you like to do.

If you treat pain **early**, you will most likely get faster relief and more control. If the pain medicine or treatment you were given is not controlling your pain, call your doctor or nurse right away. The medicine, dosage or treatment may need to be changed.

- Take your pain medicine when you should or follow the alternative treatment you were given.
- Tell your doctor or nurse how your pain affects you.
- Explain the type of pain you have (dull, sharp, cramp, stabbing, constant, on and off, etc.).



Sometimes your doctor will give you medicine for breakthrough pain (pain that “breaks through” your pain medicine). Take it along with your regular pain medicine, or as you are told. Keep track of your pain medicine or treatment and how well it is working. If it’s not working well, tell your nurse or doctor, and he or she will adjust your medicine or treatment as needed.