after surgery tracking guide

1. measuring pain*

Check off the behaviors your child is showing in the chart below. Then add up the number of "yes" answers to get your child's pain score. More than 6 "yes" answers suggests your child may need medicine to help with pain. If your child has less than 6 "yes" answers, try using distraction tools. Watching TV, playing video games, reading or other quiet activities can help.

behavior	yes	no
1. Whines or complains more than usual		
2. Cries more easily than usual		
3. Plays less than usual		
4. Does not do the things he/she usually does		
5. Acts more worried than usual		
6. Acts quieter than usual		
7. Has less energy than usual		
8. Refuses to eat		
9. Eats less than usual		
10. Holds the sore part of his/her body		
11. Tries not to bump the sore part		
12. Groans or moans more than usual		
13. Looks more flushed than usual		
14. Wants to be close to you more than usual		
15. Takes medicines when he/she usually refuses		
pain measure total		

Chart and measurement tool adapted from Parents' Postoperative Pain Measure (PPPM) tool from "Pain, Pain, Go Away: Helping Children with Pain" by McGrath, Finley, Ritchie and Dowden, 2003.

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2. tracking medicines

Use this sheet to track the pain medicine your child takes at home. Your surgeon will let you know which medicines and how much of each medicine to take. It is very important to follow their instructions carefully. Your child will not take all the medicines on this list.

Date: _____/_____/_____

acetaminophen within pain medicine (Tylenol, Tempra)
Important: If prescribed, may take as your surgeon says for pain. No more than 5 doses in 24 hours.

time		time		time		time		time	
:	am pm	:	am pm	:	am pm	:	am pm	:	am pm

ibuprofen non-steroidal anti-inflammatory pain medicine (Motrin, Advil)
Important: If prescribed, may take as your surgeon says for pain.

time		time		time		time		time	
:	am pm	:	am pm	:	am pm	:	am pm	:	am pm

other pain medication name: _____

time		time		time		time		time	
:	am pm	:	am pm	:	am pm	:	am pm	:	am pm

additional medications

medication name:_____

time		time		time		time		time	
:	am pm	:	am pm	:	am pm	:	am pm	:	am pm

medication name:_____

time		time		time		time		time	
:	am pm	:	am pm	:	am pm	:	am pm	:	am pm

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