



Comfort

- Fan
- Ice or gel pack
- Cold or warm wash cloth
- Warm blanket
- Lotion
- Shower
- Backrub/massage
- Stretch
- Reposition
- Walk in the halls with Nursing or PT/OT teams
- Personal spiritual support
- Visit from family/friends
- Comfort food/snacks
- Brush your teeth
- Lip balm
- Pillows for positioning
- Up in chair for meals



Relaxation

- Quiet time (ear plugs/eye mask)
- Music therapy
- Aromatherapy
- Use personal electronic devices
- Prayer
- Window shade down
- Lights out
- Meditation
- Imagery
 - Take a few slow, deep breaths
 - Close your eyes
 - Picture yourself in a beautiful, peaceful place
 - Imagine yourself calm and relaxed
 - Try relaxation TV channels
- Breathing Exercises
 - Inhale through your nose slowly and deeply
 - Hold your breath for a couple of seconds
 - Exhale through your mouth slowly and deeply



Medication

In combination with other pain control options, medication may be used.

- Non-narcotic pain medications such as Tylenol, Toradol, Celebrex or Meloxicam.
- Prescription Pain Medications (opioids). If needed these will be started at a low dose and discontinued as soon as possible.
- Discuss the realistic comfort goals you have with your healthcare team.
- Discuss allergies, side effects and current medication combinations to ensure the medications you will be receiving are safe and effective for you.