

Pain



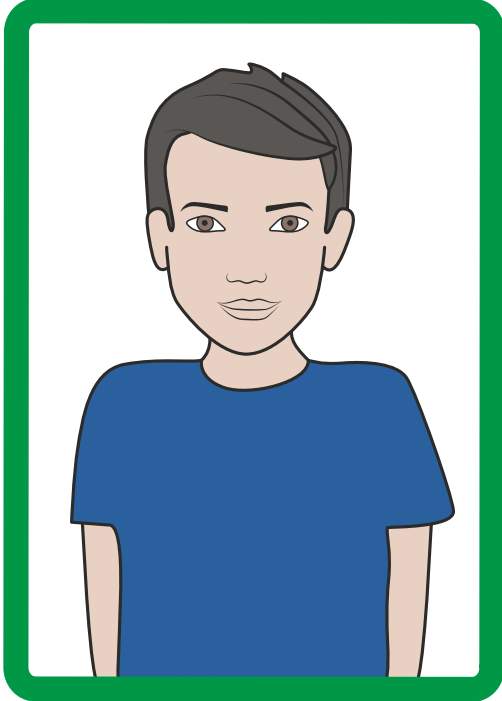
Indicating and relieving pain



What is pain ?

Pain is an unpleasant feeling.

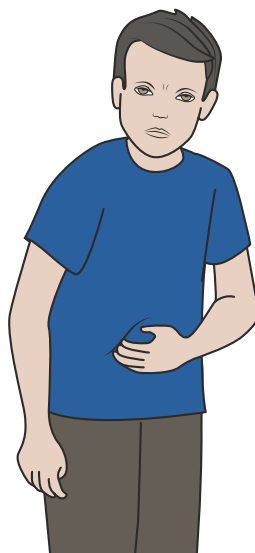
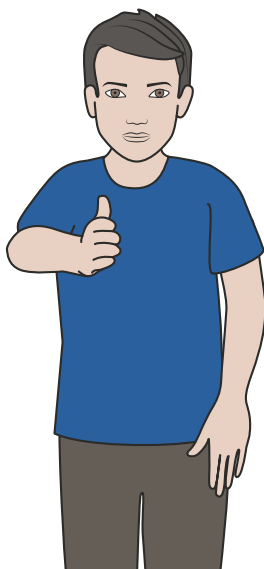
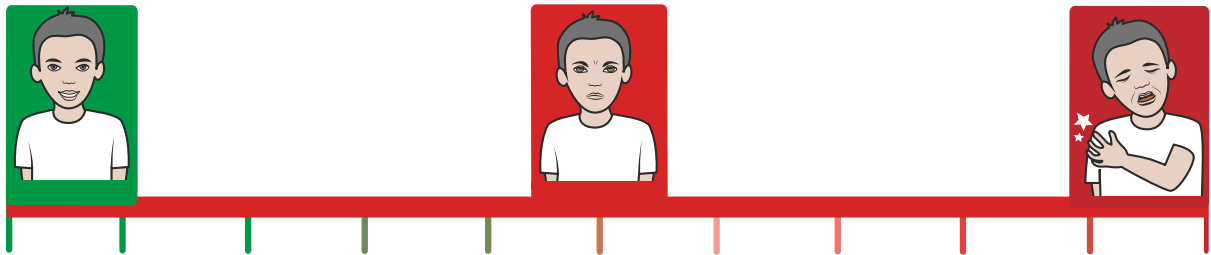
● I feel fine.



● I'm in pain.

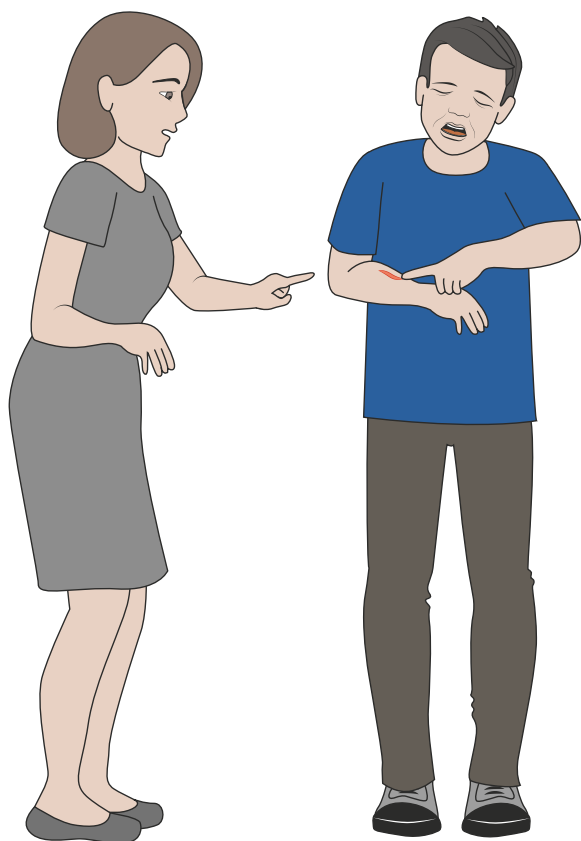


Pain can be mild or acute.

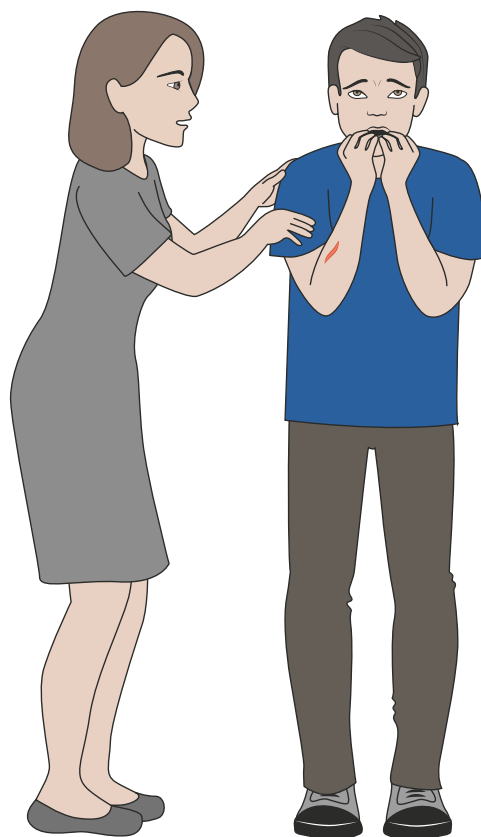


It is important to say :

● when I am in pain,



● when I'm scared.



● People can help me feel less pain or less scared.



How do I say I am scared or in pain ?

I can talk.

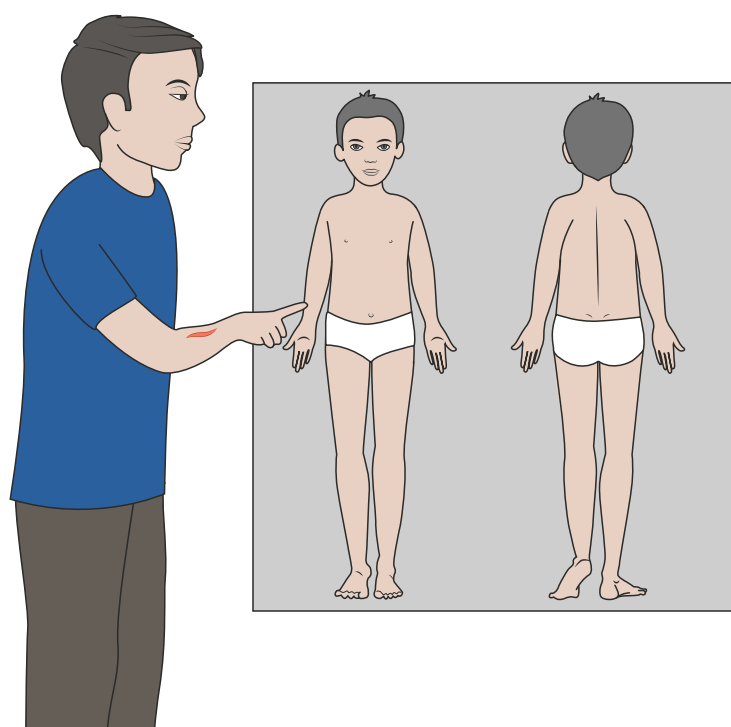


I can show where I'm in pain.

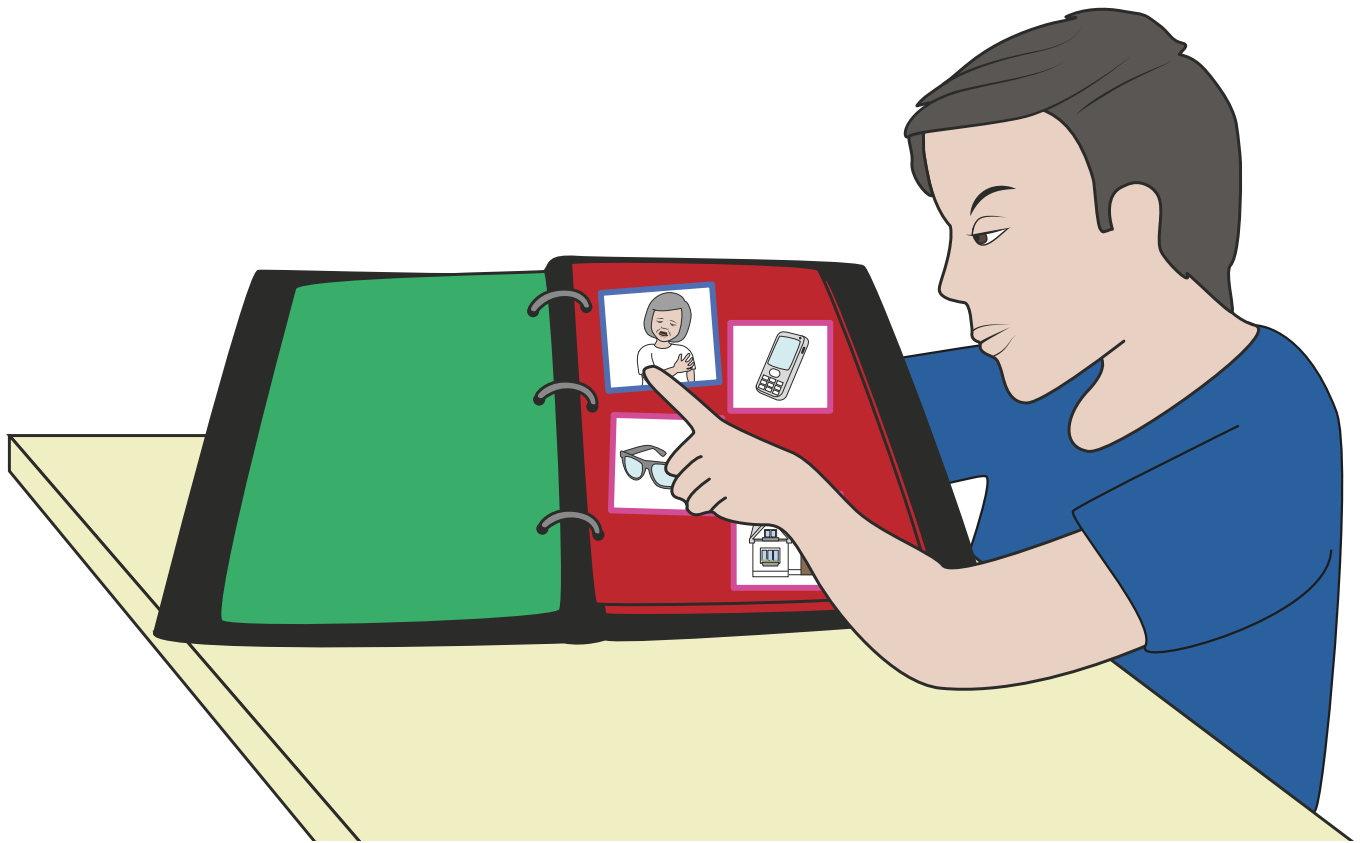
On my body



On a drawing



I can use my communication binder.

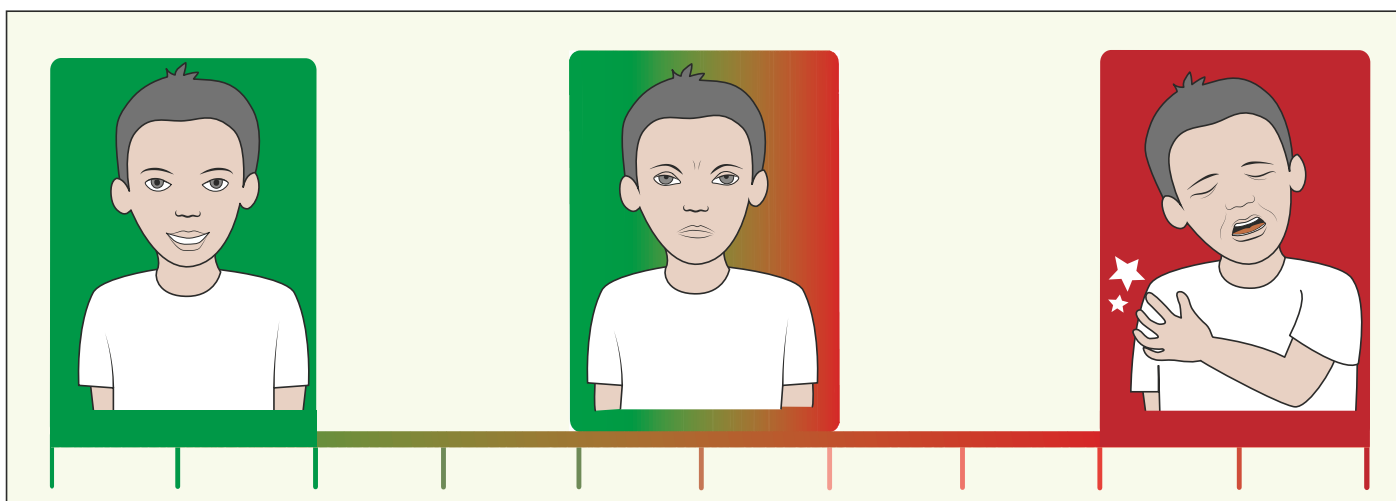


I can show if I have mild, average or very acute pain on a scale.

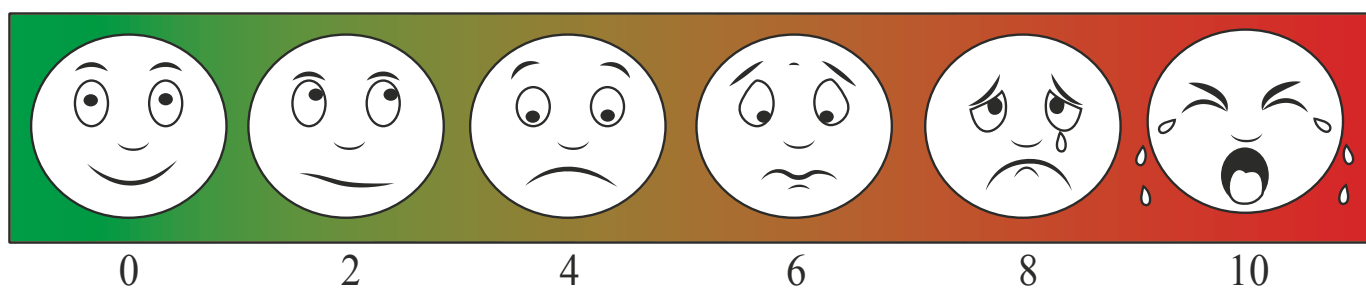


- There are different scales :

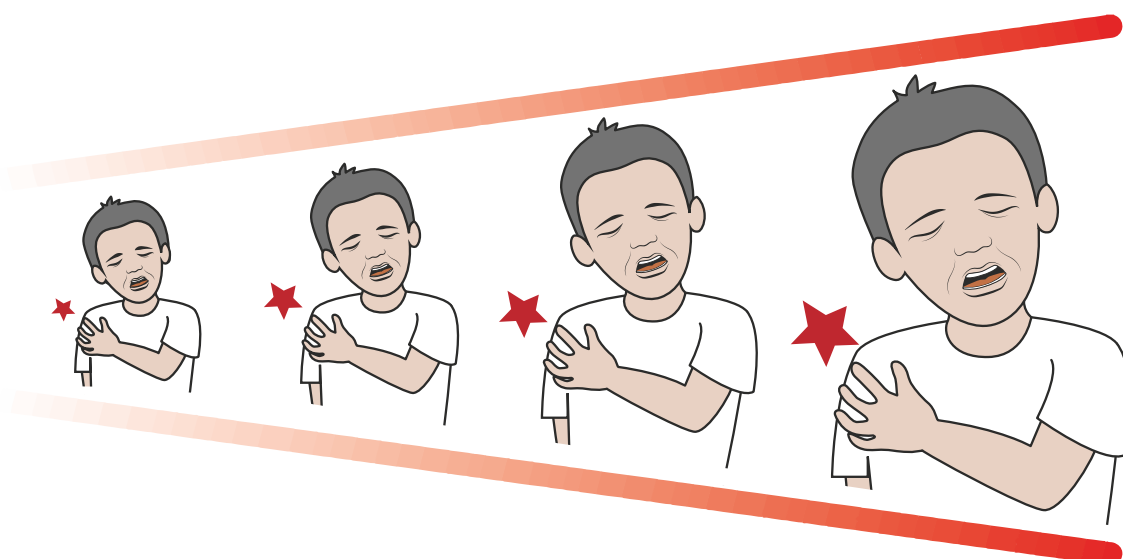
A graduated scale,



the smiley scale,



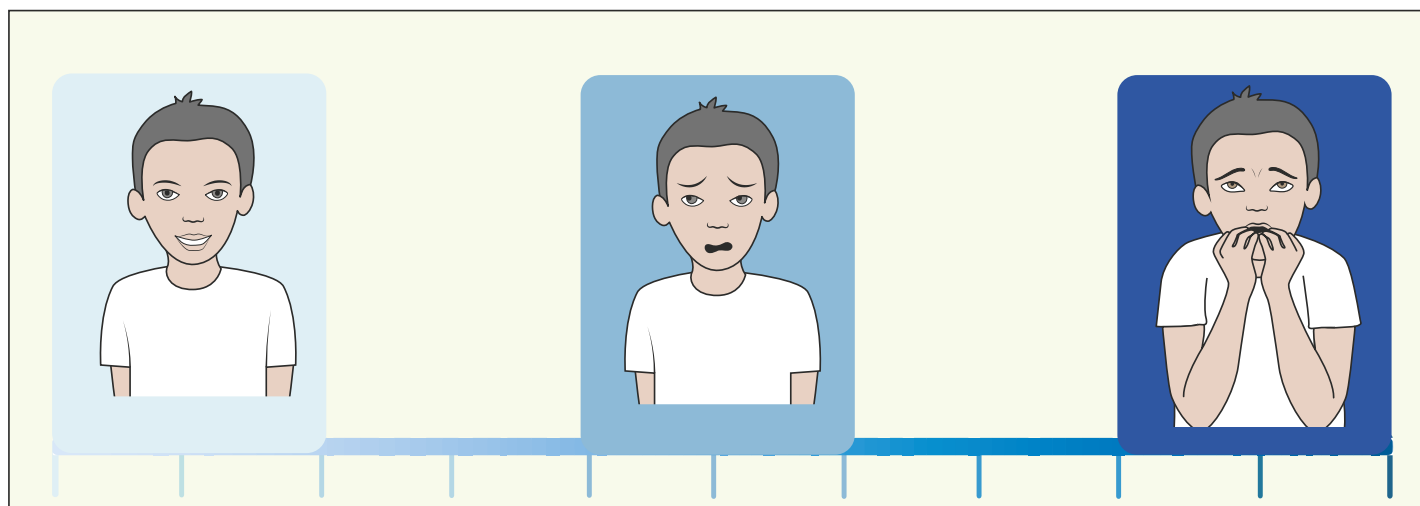
a progressive scale.



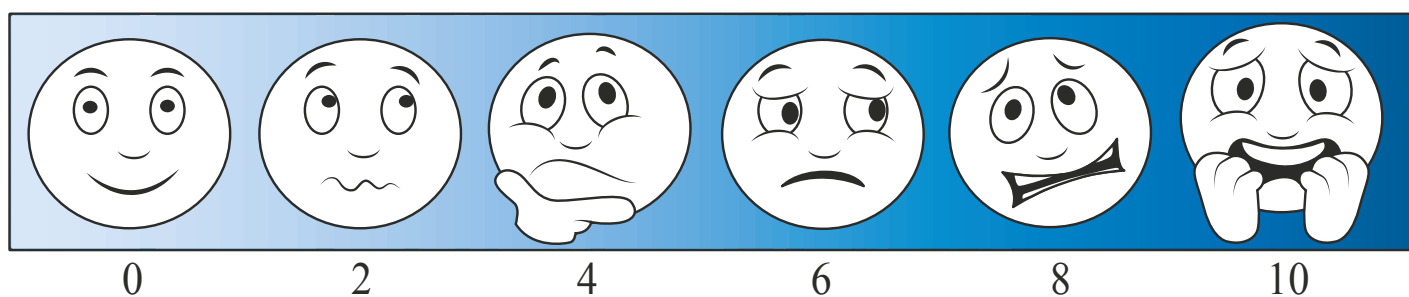
I can go to the doctor with my scale.

I can also show how scared I am with :

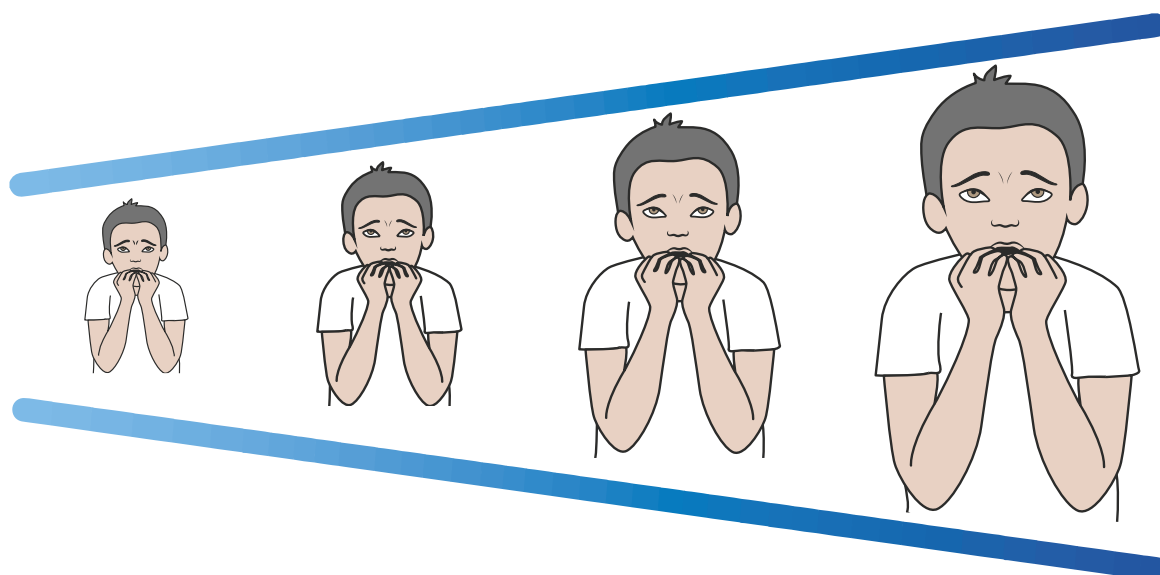
A graduated scale,



the smiley scale,



a progressive scale.

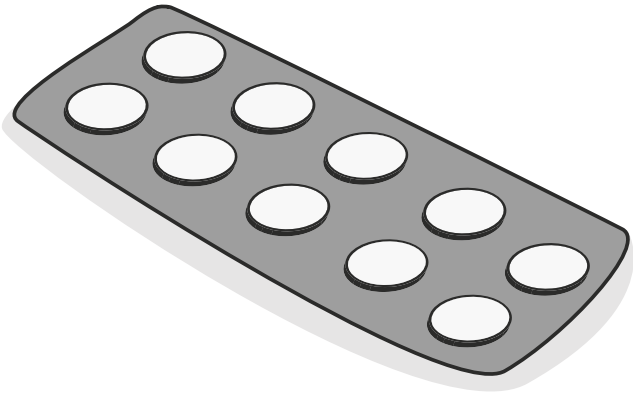


I can go to the doctor with my scale

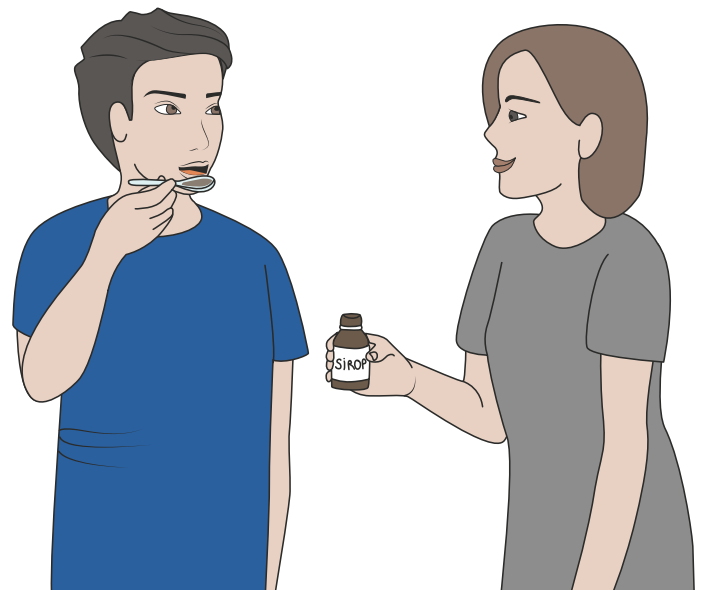
To feel less pain

The doctor can give me medication, for example :

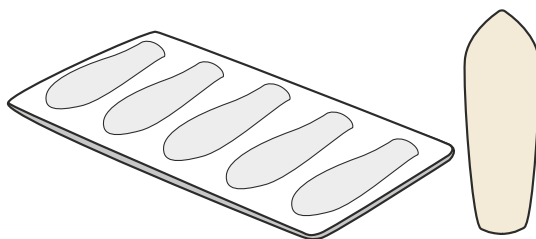
- Pills : I swallow them with a little water.



- Syrup : I drink it.

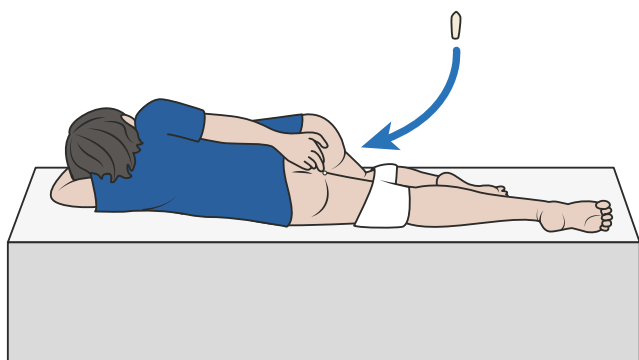


● **A suppository.**

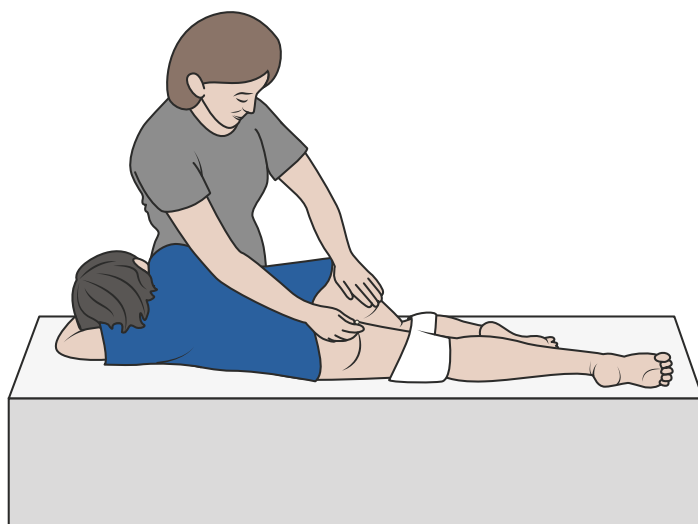


I insert it in my anus.

I can do it alone.

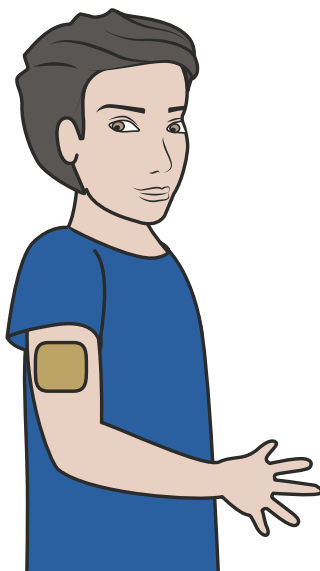


I can ask someone to do it for me.



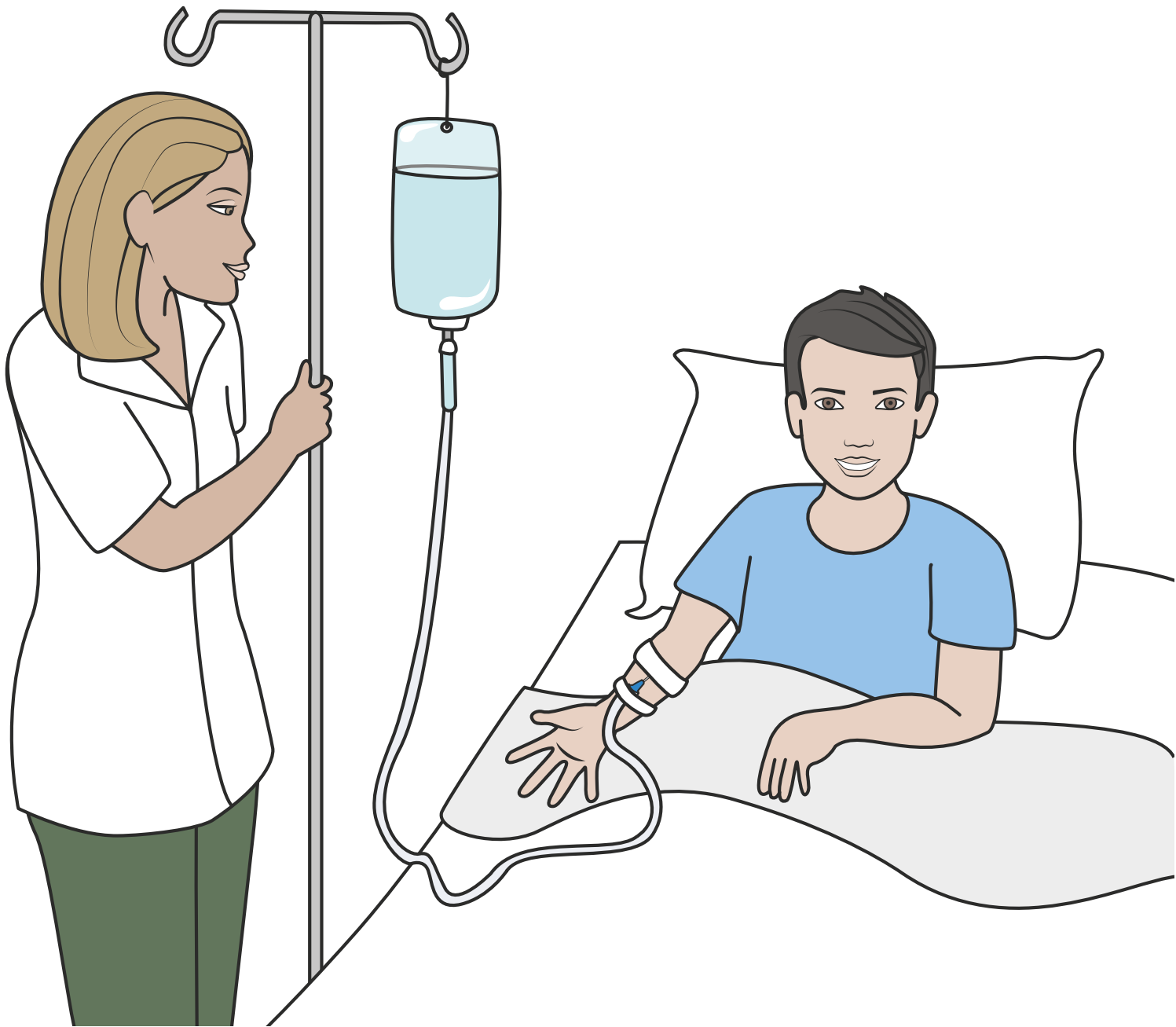
● **A patch.**

It is kind of like a bandage, but with medication.
I keep it on for several days.



- **An IV drip.**

The medication is in a liquid and goes directly into my blood.



For more information, see the document on IV DRIPS.

How to feel less pain during care

The pain is not as strong if I am not scared.

To help me :

- the doctor explains things to me using simple words,



- a person that I know can stay with me.



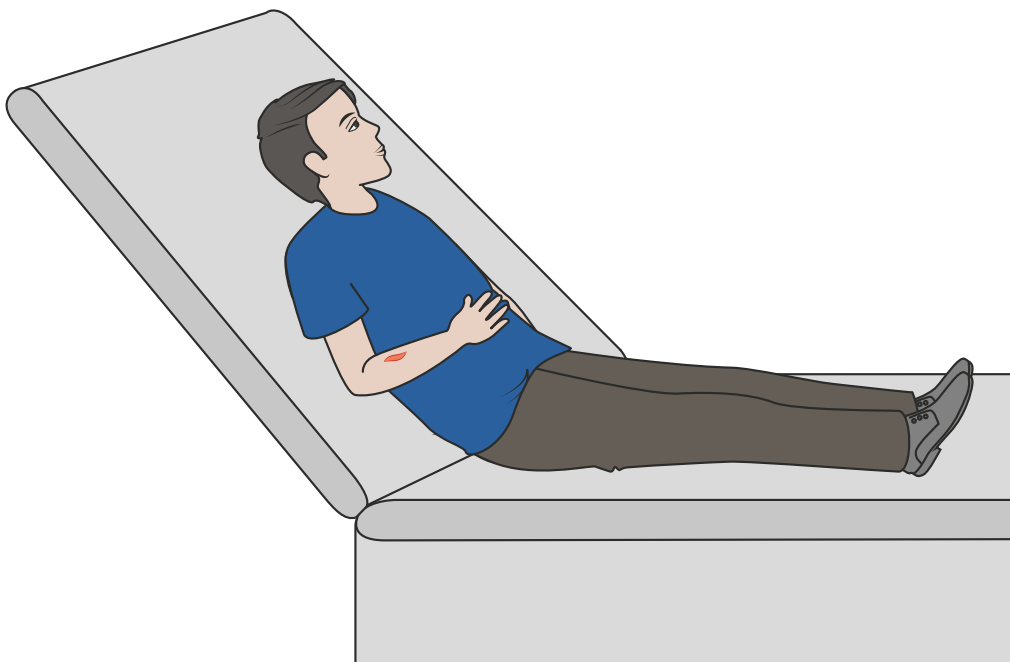
The pain is not as strong when I am relaxed.

- I sit down comfortably:

On a chair,



on a bed.



● **I breathe calmly :**

**I breathe in,
my stomach inflates,**



**I breathe out,
my stomach deflates.**



● **At the hospital, I can have MEOPA.**
I breathe into a mask during the treatment.
I feel calmer.



● **I can get hypnosis.**



For more information, see the document on MEOPA.

The pain is not as strong when I think about something else.

For example, I can :

- **talk to the person I'm with,**



- **listen to music,**



- **watch a movie.**



● play,



● draw,



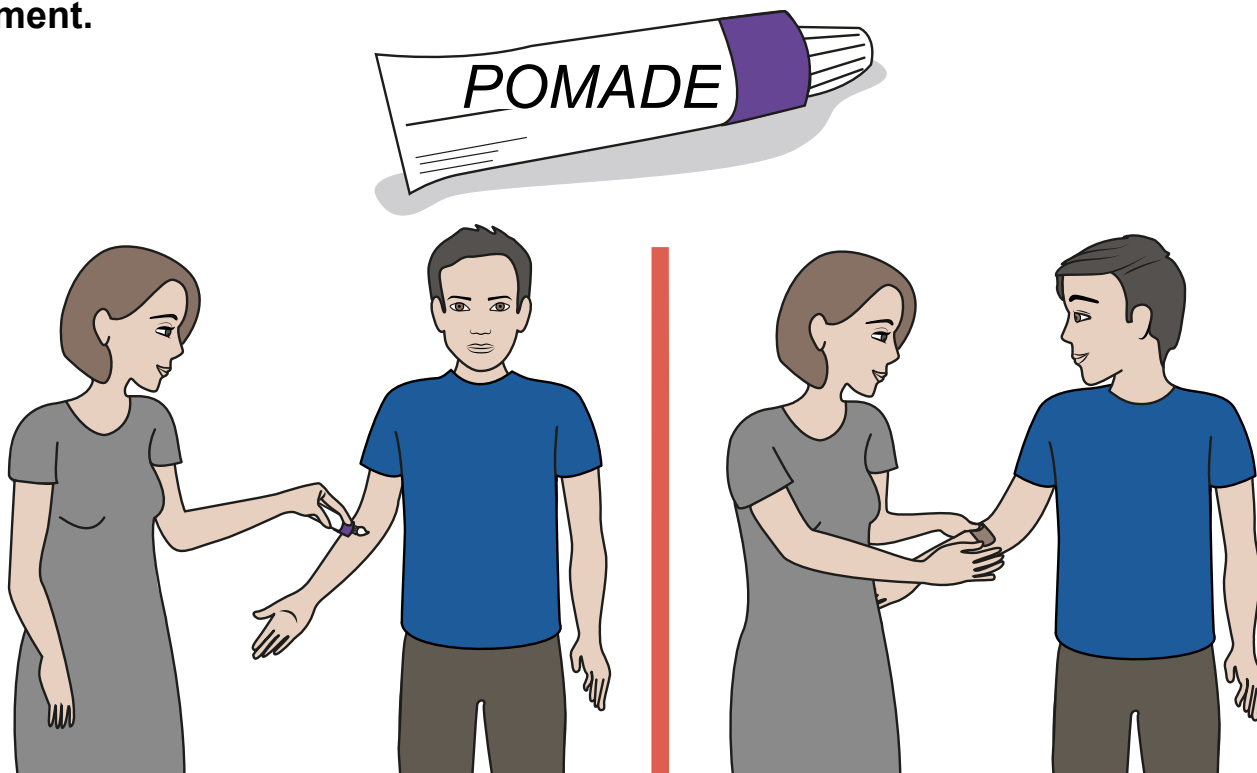
● look at a book.



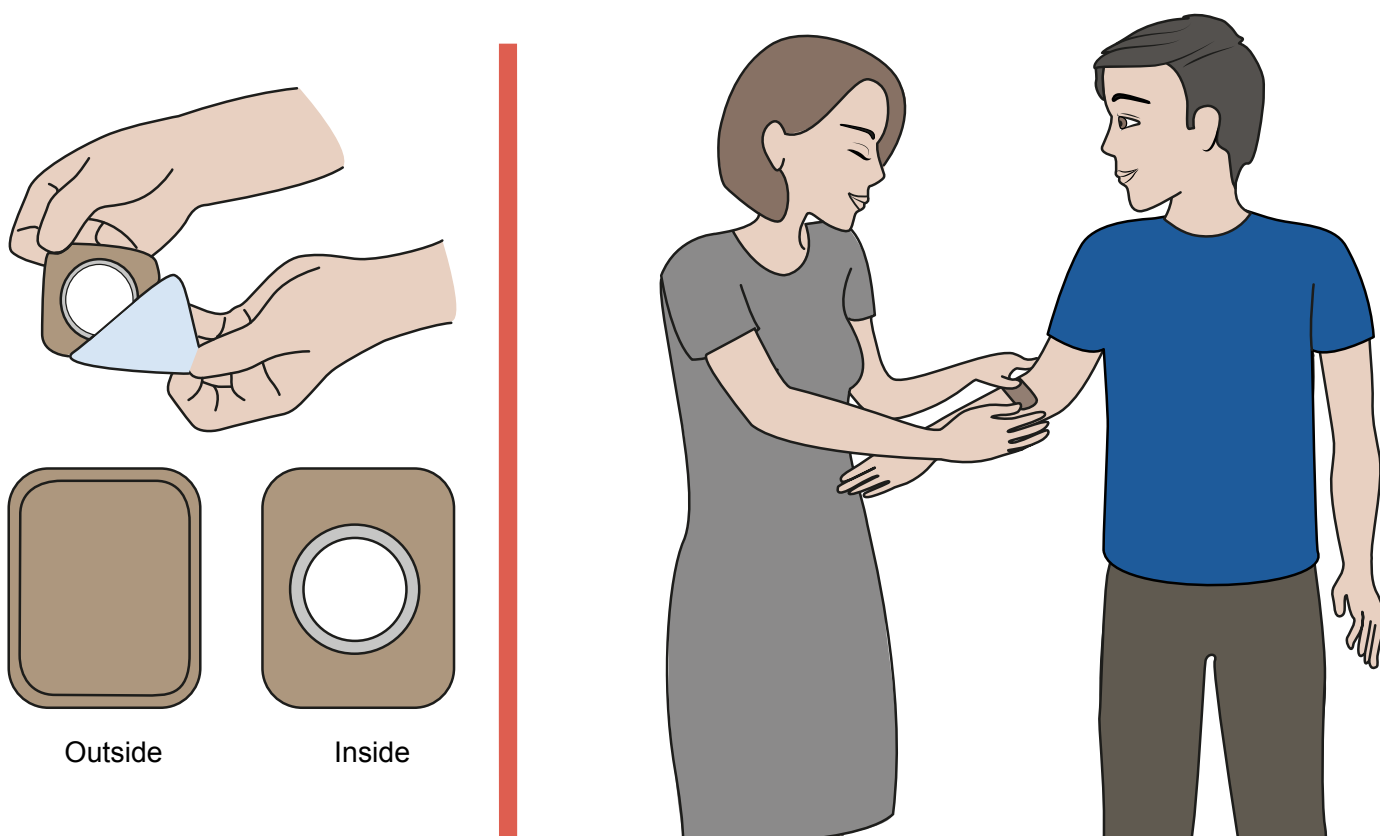
How to avoid pain during care

I can get local anesthesia so that I don't feel any pain.

- With some anesthetic pomade : it needs to be applied two hours before the treatment.



- Or with an anesthetic patch : it needs to be put on two hours before the treatment.

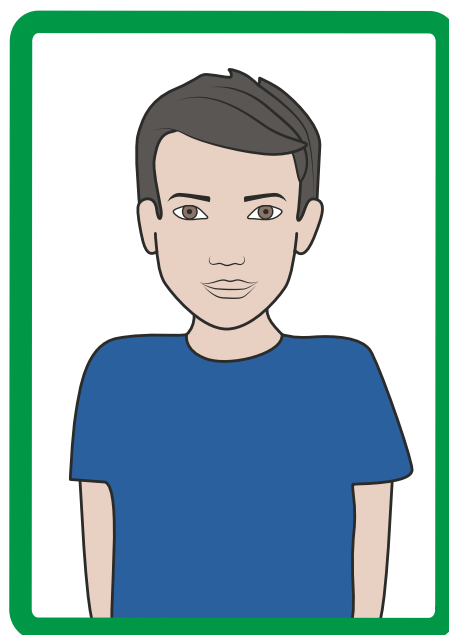
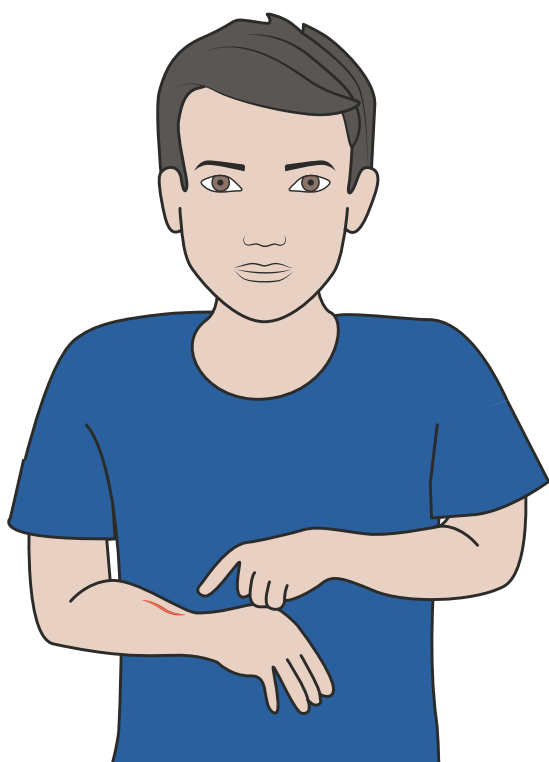


- With a shot to numb the pain.



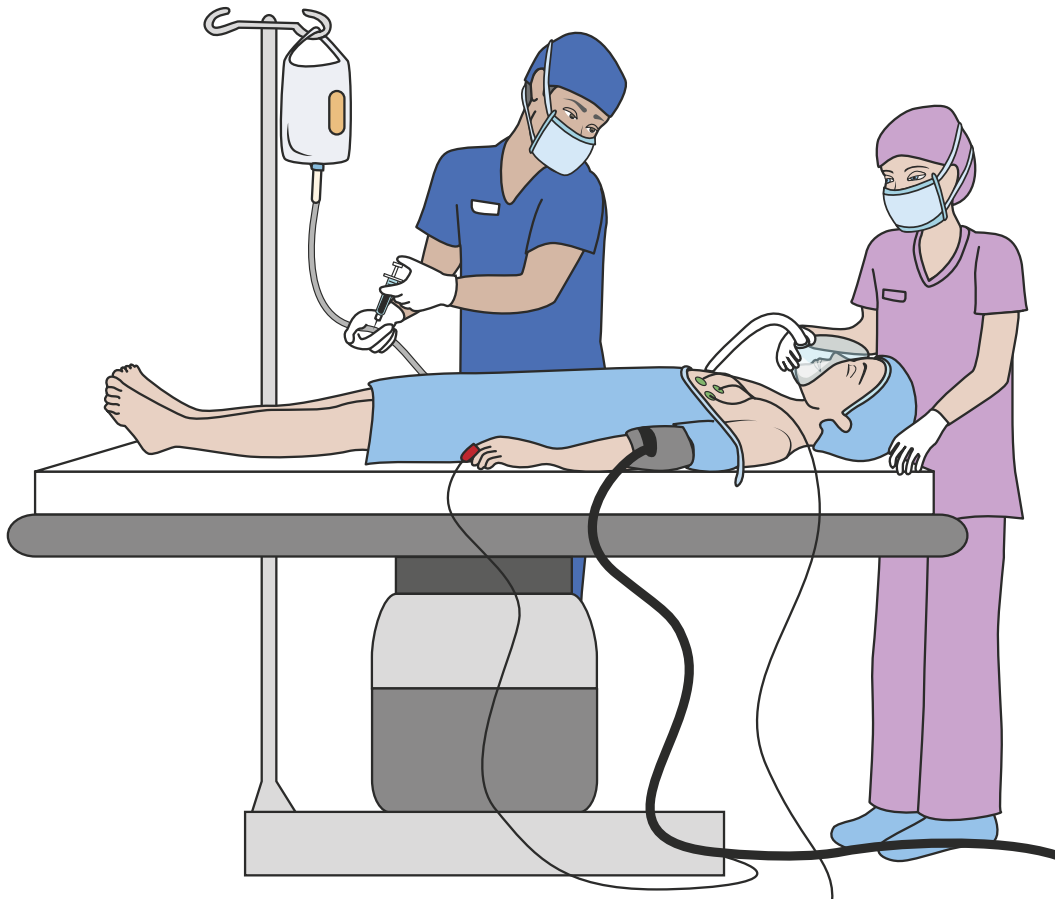
The shot numbs my skin.

The doctor can perform the treatment :
I no longer feel any pain.



I can be completely put to sleep :

- **with general anesthesia.**



For more information, see the booklet GENERAL ANESTHESIA.

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