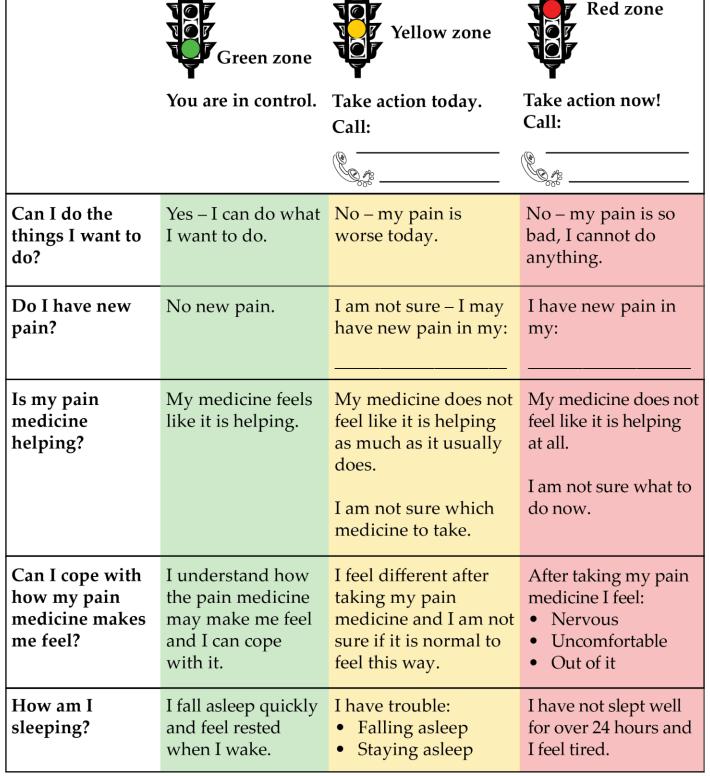
## Controlling pain at home







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## My plan for controlling pain at home

## Things I can do to help relieve pain: ☐ Move to a comfortable position □ Use pillows to help support the painful area □ Massage or use cold packs to soothe the painful area ☐ Use soft music, meditation or to help me relax □ Take pain medicine (long acting and breakthrough) following my care team's instructions □ Write down when I take my pain medicine so I know when to take the next dose □ Other ideas:

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.