

Comfort Items you can ask for:

- ◆ Ice pack
- ◆ Heating pad
- ◆ Warm blanket or extra pillows
- ◆ Warm or cool washcloth
- ◆ Personal care items:



Toothbrush, toothpaste, mouthwash, floss stick, mouth swab, lip balm, comb, deodorant, ear plugs, sleep mask, hair tie, nail file

- ◆ Relaxing music or soft background sounds (CARE Channel)
- ◆ Disposable earbuds
- ◆ Items to help you not think about pain:

Magazine, movie, various word puzzles, book

Therapies your family can help you with:

- ◆ Massage
- ◆ Music:



Bring in your favorite music to listen to

Comfort Menu



You can help us control your pain!

Controlling your pain is very important to us. This comfort menu has ideas to lower your pain that are not medicine. These therapies can also help you heal faster.



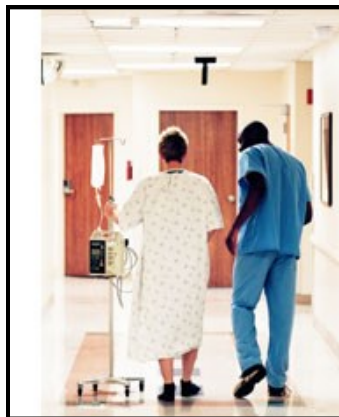
University of
Colorado Hospital

UNIVERSITY OF COLORADO HEALTH

We may not be able to take all your pain away, but we want you to be comfortable while you are in the hospital. There are many ways to lower your pain without using medicine. Talk to your nurse or nurse assistant if you see an idea you would like to try.

Therapies your Nurse or Nurse Assistant can help you with:

- ♦ Walking or gentle stretching
- ♦ Moving your body into a different position



- ♦ Helping you imagine positive and relaxing things (visualization) (CARE Channel)



- ♦ Breathing slowly

- ♦ Relaxing your body step by step (progressive relaxation) (CARE Channel)
- ♦ Massage that is focused on your area of pain



- ♦ Aromatherapy



- ♦ Talking to a Chaplain
- ♦ Prayer or meditation
- ♦ Changing the Environment:
Pillows, lighting, bed, etc.



- ♦ Making your incisions more comfortable:

Using a pillow or a blanket