

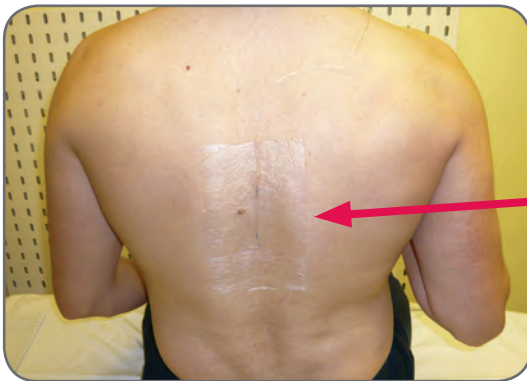


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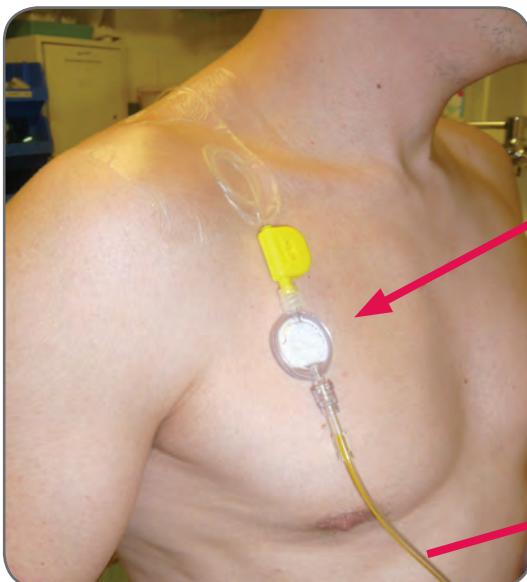
Epidurals for pain

An **epidural** is a safe way to make pain go away after your operation.

How an epidural works:



A **plastic tube** is put into your back.



An **epidural filter** will be put on the front of your body.



The tube is attached to a **yellow pump**.

The pump puts pain medicine into your body through the tube in your back.



The pump works on its own. You do not have to do anything.

The medicine will help to make the pain go away.



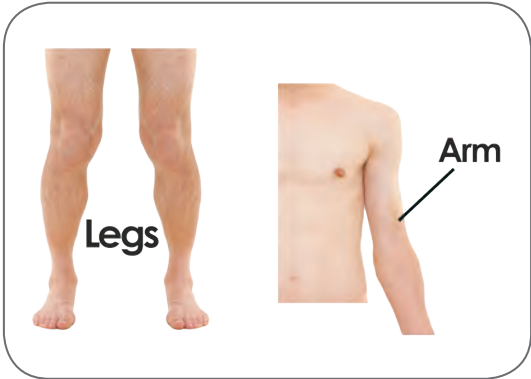
Your nurse will check that your epidural is working ok.



They will put something **cold** on your skin and ask if you can feel the cold.

The nurse will ask if you are in pain.

Does it hurt?

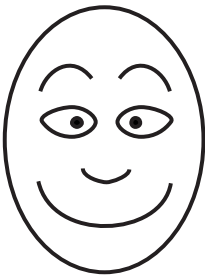


The nurse will ask you to **move your arms and legs**. They will ask if your arms and legs feel ok.



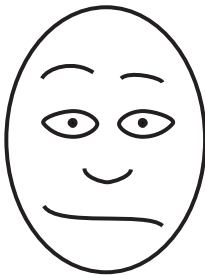
If you are in pain, need help or feel itchy tell the nurse. They will help you.

This pain scale may help you say how bad the pain is.



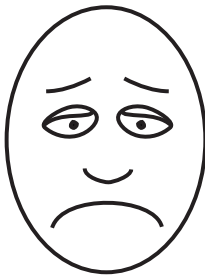
No pain

0



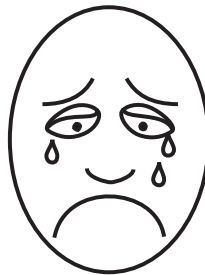
Some pain

1



Bad pain

2



Very bad pain

3

You may not be able to tell us that you are in pain.

Some people show they are in pain by how they behave.



They may
get upset



They may
go quiet



They may
be noisy

Your supporters can tell us how
to notice that you are in pain.

They can write in
the box below.

