

Your Pain Care Checklist

Whether you're preparing for surgery or advocating for a loved one, the below questions can help you have a clearer, more confident conversation with your provider.

Things to Discuss Before Surgery or Treatment



- Your personal pain history
- Any previous side effects from medications
- Concerns about opioid exposure
- Recovery expectations
- Support needs at home

Questions to Ask Your Provider



- What non-opioid pain management options are available for this procedure or condition?
- How can we manage pain at the source rather than relying on opioids?
- What recovery timeline should we expect— and what signs should we watch out for at home?
- What tools or therapies can help us manage recovery confidently at home?