



## Patient Post Operative Record for Pain and Spasm

Please record your post operative pain and spasm control experience. Use this tool to record and document your levels pain and/or muscle spasm at least every 4-6 hours. \*Specifically, record the time where the block “wore off” or block regression began. This is the time where you begin to feel a change in the pain (increased) as the local anesthetic begins to wear off. Your anesthesia provider likely had a prediction as to when this might happen, but this valuable tool helps us in accuracy in prediction of this, and provides other information as well. Please be accurate and attentive to this information.

Indicate your pain as a number from “0” or no pain, to “10” or severe pain. Indicate your degree of muscle spasm relating to the surgery as “1” no spasm, “2” mild spasm, “3” as moderate muscle spasm, or “4” severe muscle spasm.

Keep in mind that your pain and spasm may never be severe, do not feel obligated to record numerical values based on what you think it SHOULD be, the only value recorded is exactly how you perceive the pain and spasm. Place scores in each box for each 6 hour period of time.

### Post operative day 1

TIME	12AM -6 AM	6AM-12PM (lunch)	12PM-6PM	6PM-12AM	Comments
Pain					
Spasm					

### Post operative day 2

TIME	12AM -6 AM	6AM-12PM (lunch)	12PM-6PM	6PM-12AM	Comments
Pain					
Spasm					

### Post operative day 3

TIME	12AM -6 AM	6AM-12PM (lunch)	12PM-6PM	6PM-12AM	Comments
Pain					
Spasm					

Post operative day 4

<b>TIME</b>	<b>12AM -6 AM</b>	<b>6AM-12PM (lunch)</b>	<b>12PM-6PM</b>	<b>6PM-12AM</b>	<b>Comments</b>
Pain					
Spasm					

Post operative day 5

<b>TIME</b>	<b>12AM -6 AM</b>	<b>6AM-12PM (lunch)</b>	<b>12PM-6PM</b>	<b>6PM-12AM</b>	<b>Comments</b>
Pain					
Spasm					

Post operative day 6

<b>TIME</b>	<b>12AM -6 AM</b>	<b>6AM-12PM (lunch)</b>	<b>12PM-6PM</b>	<b>6PM-12AM</b>	<b>Comments</b>
Pain					
Spasm					

Post operative day 7

<b>TIME</b>	<b>12AM -6 AM</b>	<b>6AM-12PM (lunch)</b>	<b>12PM-6PM</b>	<b>6PM-12AM</b>	<b>Comments</b>
Pain					
Spasm					

**\*Time of block regression:**

Additional comments here: