Spine & Pain Center

Dr. Jennifer Gargano

Pain Diary

Time – every ½ Hour to 1 Hour	Pain Score 0 – 10	Activity	Pain Medication

Please keep track of your Pain scores
for 6-8 hours following your injection,
or until your pain returns to its baseline.
Your baseline pain score is what your
normal pain severity was prior to the
injections. Please try to do the usual
activities that bring on your pain
symptoms, and record the response.

Call Now
Baseline Pain Score:
Date/time of Injections:
possible

0 = No Pain and 10 = the worst pain

Visit Us Online

585.218.0072

RochesterRegional.org/PainManage ment

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