

Patient information

Advice to parents and carers whose children may have post-operative pain

It is important that your child's pain is well controlled, enabling them to feel comfortable and therefore make to make a good recovery. Giving medicine regularly rather than waiting for the child to indicate that they have pain achieves effective pain relief.

You may find it helpful to record the times the medication is given (*see table overleaf*).

Paracetamol (also called Calpol®, Disprol® etc)

This may be given to control mild pain, for example, after insertion of grommets, syringe and probe of tear ducts and extraction of teeth.

Paracetamol may be given every 4 – 6 hours with a **maximum of 4 doses in 24 hours**. It is important to read the instructions for dosage on the bottle.

Ibuprofen (also called Junifen® and Nurofen®)

Ibuprofen is an alternative type of pain relief medication. It does not contain paracetamol.

Ibuprofen may be given every 6 - 8 hours and may be given 3 – 4 times a day depending on the dose given, but no more

It is important to read the instructions carefully.

Ibuprofen should be given with food or a milky drink.

Side effects

- If your child complains of tummy ache after the ibuprofen medicine, it may not suit them and it would be advisable to stop giving it.
- It may occasionally cause asthmatic children to become wheezy, if this happens; it is also advisable to stop.

Ibuprofen and paracetamol provide very effective pain relief when used together and control moderate pain, for example, after circumcision and testicular or groin surgery. The medicines will be most effective if they are given at staggered times so that as one type wears off the other starts working.

Possible times <i>(adapt to fit in with your day)</i>	
Paracetamol 4 doses per 24 hours 4 - 6 hours apart	Ibuprofen 3 doses per 24 hours 6 - 8 hours apart
8.00 am	8.00 am
Between 12.00 – 1.00 pm	
	Between 2.00 – 3.00 pm
Between 4.00 – 5.00 pm	
Between 8.00 – 9.00 pm	Between 8.00 – 9.00 pm

Alternative pain relief

- **Reassurance:** With some children fear and anxiety can increase their pain. Ensure you explain what has happened and the reason for the pain.
- **Relaxation:** Your nurse or play therapist can give you ideas on relaxation techniques. Books are usually available from libraries. *It could be as simple as playing some favourite music.*
- **Positioning:** Help your child to find a comfortable position. A broken limb may be more comfortable when elevated on a pillow. A child who is concerned about staining the sheets or pillows may find it easier to relax if they have a towel placed under the affected area.

- **Warmth:** Some children find wheat bags helpful (available from some chemists or health food shops). Alternatively heat a towel on the radiator.
- **Massage and positive touch:** Your child may find comfort from gentle touch or massage.
- **Distraction techniques:** Many children find it useful to concentrate on other activities such as a story, jigsaw or DVD. This does not mean they forget their pain, but it may help them to cope.

Other diversion techniques include:

‘Modelling’: This may be useful during procedures such as a dressing. This involves giving everyone a task during the procedure. Mum to read the story, dad to hold the new dressing, the nurse to change the dressing whilst the child listens.

‘Guided imagery’: Also useful at similar times, the child picks a favourite occasion, like a trip to the coast and an adult takes them through the event, from getting up in the morning, dressing, eating breakfast and events at the seaside.

Medication

Tick when medication given

MEDICATION Indicate ones dispensed	Times		Day 1	Day 2	Day 3	Day 4
Paracetamol 4 - 6 hourly	Morning	1				
	Lunch	2				
	Tea	3				
	Bedtime	4				
Ibuprofen 6 - 8 hourly	Morning	1				
	Lunch	2				
	Bedtime	3				

If you feel your child's pain is increasing or is not relieved by these measures, contact your GP or telephone the Martin Corke Day Surgery Unit on 01284 713959 between 7.45am and 8.00pm Monday to Friday or ward F1 on 01284 713315 outside of these hours.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk>



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