



Gloucestershire Hospitals
NHS Foundation Trust

Pain relief medication following day surgery

Introduction

This leaflet gives you information about pain relief medications that you may need to take after your day case surgery. The type of medication you need will depend on the type of surgery that you have. Your anaesthetist, surgeon and nurse will discuss suitable pain relief with you.

Medication

While you are in hospital, you may be given one or a combination of the following:

Paracetamol - is a mild pain relief medicine for mild to moderate pain. If you have had minor surgery, you may only need to take paracetamol.

Ibuprofen - is an anti-inflammatory medicine for moderate pain. It should be taken with or after food to reduce pain and swelling.

Codeine - is a strong pain relief for moderate to severe pain. Codeine can cause constipation, nausea or light headedness.

Please refer to the information leaflet provided with the medication.

You may also be given an alternative pain relief to take home to the ones already mentioned. The nurse will discuss the dose and when to take before you leave the day surgery unit.

What if I am unable to take any of these medications?

Please discuss this with your nurse and anaesthetist when you come in for surgery.

What if I normally take different pain relief medications?

If you normally take different pain relief medications to the ones listed in this leaflet, please bring them with you and discuss with your nurse and anaesthetist on the day of your surgery.

What happens when I go home?

Depending on the surgery you have had, you may need to continue taking pain relief when you go home. **We do not normally provide you with paracetamol and ibuprofen to take home after your surgery.**

If you do not already have these at home, please get some before your day case surgery. You can buy paracetamol and ibuprofen in your local pharmacy and supermarkets.

As you recover from your surgery, you should be able to reduce the amount of pain relief that you are taking.

What should I do if I am still in a lot of pain?

If you are taking regular pain relief medication and are still in a lot of pain then please contact your GP for advice.

Contact information

If you have any problems or questions, please call the Day Surgery Unit you attended for your surgery:

Chedworth Surgical Unit

Tel: 0300 422 3321

Tel: 0300 422 3748

Monday to Friday, 7:30am to 9:00pm

Mayhill Unit

Tel: 0300 422 6751

Monday to Friday, 7:30am to 9:00pm

Alternatively, you can contact your GP or NHS 111.

NHS 111

Tel: 111

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Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

***Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



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