

Controlling pain for children who have had day case surgery

Introduction

This leaflet provides parents with information about pain relief for children after an operation. Good pain relief is important; it helps your child recover more quickly.

Will my child be in pain after the operation?

There is often some pain or discomfort in the first few days after an operation. The amount of pain will depend on the type of operation your child has had. Your child may have been given a local anaesthetic or other pain-relieving medicines during the operation. This pain relief will work for some time afterwards.

How can I help my child?

It is important that you give your child regular pain-relieving medicine after you go home to make sure that your child is comfortable. Please follow the advice given on discharge.

Pain relieving medicines

Most children benefit from paracetamol such as Calpol[®] or Disprol[®]. Children may also need ibuprofen such as Nurofen[®] for children or Calprofen[®] unless you have been advised otherwise. Ibuprofen should be taken after food.

Paracetamol and ibuprofen can be given together if required as they work in different ways. If you are not sure please ask your local pharmacist for advice.

Always follow the instructions provided with the medicine. Older children may prefer to take tablets.

The pain-relieving medication should be given regularly for the first 2 to 3 days after the operation. After this, you can give the medication when needed.

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**Patient
Information**

What should I do if the pain is out of control?

Please contact your GP or the Paediatric Assessment Unit Coordinator for advice if:

- your child's pain is very severe and the medicine is not helping
- your child is being sick and not keeping the medicine down

Other simple ways to help relieve the pain include lots of rest, sleep and keeping your child warm and comfortable.

Contact information

If you have any concerns, please do not hesitate to contact the Paediatric Assessment Unit Coordinator.

Paediatric Assessment Unit Coordinator

Tel: 07798 695 981

This contact number is available 24 hours a day. If problems persist after 24 hours following the operation, please contact your GP.

Paracetamol: 250mg in 5ml/120mg in 5ml (delete as appropriate) Last had at _____ Next dose due at _____ (____ dose in 24 hours) 4 to 6 hourly, maximum 4 times in 24 hours					Ibuprofen: Last had at _____ Next dose due at _____ (____ dose in 24 hours) 6 to 8 hourly, maximum 3 times in 24 hours				
Date									
1st dose time									
2nd dose time									
3rd dose time									
4th dose time									

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