



Information for
parents and
carers

**Pain relief for your child
following surgery**

Introduction

This leaflet contains information to help you manage your child's pain at home.

Your child will have been given some strong pain relief medicine when they had their operation. This medicine can last for several hours but your child will need more pain relief at home.

Where can I get the pain relief medicine?

Your nurse will arrange for your child to be prescribed appropriate pain relief medicines, which will be given to you before you leave the hospital.

Which pain relief medicines can I give to my child?

Paracetamol, Ibuprofen and Dihydrocodeine are some of the pain relief medicines that may be prescribed your child. We do NOT advise the use of Aspirin in children under 16 years old.

Paracetamol

Paracetamol blocks pain and it also helps to lower a temperature if your child has a fever.

How long does it take to work?

It usually works within an hour.

How often can it be given?

Paracetamol can be given 4-6 hourly with no more than 4 doses in 24 hours.

Does Paracetamol have any side effects?

Side effects are very rare. Paracetamol is one of the most widely used

medicines in children and when used according to the instructions, is very safe.

Ibuprofen

Ibuprofen is an anti-inflammatory pain relief medicine. It also helps to lower a temperature if your child has a fever.

How long does it take to work?

It usually works within an hour.

How often can it be given?

Ibuprofen can be given 6 hourly with no more than 3 doses in 24 hours.

Does Ibuprofen have any side effects?

Ibuprofen is best given with or after food, as it may occasionally cause your child to have indigestion or feel sick. Occasionally it may cause headaches, dizziness, or drowsiness. Very occasionally Ibuprofen may cause children with asthma to become wheezy.

Dihydrocodeine

Dihydrocodeine is a stronger pain relief medicine. Rather than liquid form Dihydrocodeine is tablet form than disperses in water within 2 minutes

How long does it take to work?

Dihydrocodeine usually works within an hour.

How often can it be given?

Dihydrocodeine can be given 6 hourly with no more than four doses in 24 hours.

Does Dihydrocodeine have any side effects?

If used for more than a few days Dihydrocodeine may cause constipation. Occasionally it may make your child feel sick, itchy and/or dizzy. Tell your doctor, pharmacist or nurse if your child experiences any of these side effects.

If your child has any side effects, please contact Ward 8 on 01772 522245 for advice.

Can I give these medicines together?

Yes. They are different types of pain relief medicines. Your nurse/doctor/pharmacist will be able to give you advice about this.

How much medicine should I give?

Medicines prescribed by the hospital will be worked out depending on your child's weight, so are very specific to them.

There are many different brands available to buy. Therefore it is important that you check the strength of the brand you have bought and the correct dose for your child with your pharmacist.

On medicines that you buy over the counter the doses are usually worked out according to the age of a child, therefore they may be slightly different to the specific dose prescribed by the hospital.

When should I give pain relief medicines?

You know your child best if you think they are in pain give them some pain relief medicine.

However, remember that most pain relief medicines can take up to an hour to work, so after surgery it is often better to give the medicines regularly rather than waiting for your child to be in pain.

If you are using a syringe to give medicines it is best to squirt the liquid

slowly into the side of the child's mouth, rather than the back of the mouth.

How else can I help my child at home?

Playing with your child, reading stories, watching television together or listening to music can all help. Giving your child reassurance and encouragement may also help.

Important points to remember

Always follow the instructions on the bottle of medicine or tablets. If your child has any side effects from the medicine contact your doctor or the hospital.

If you are worried about giving the pain relief medicine or feel that it is not effective, please contact the hospital.

Lock all medicines away in a safe place.

Remember other medicines bought from your chemist may also contain Paracetamol or Ibuprofen. Always check the labels carefully.

If you are worried that you have given your child too much medicine, please contact the hospital immediately.

Always read the information leaflet that comes with the medicine or tablets for a full list of cautions and possible side effects.

You may find it useful to use the charts below to record your child's pain relief medication.

Name of medication: **Paracetamol**

(Can be given every 4-6 hours but no more than 4 doses in 24 hours)

	Time	Time	Time	Time
Day 1				
Day 2				
Day 3				

Name of medication: **Ibuprofen**

(Can be given every 6-8 hours but no more than 3 doses in 24 hours)

	Time	Time	Time
Day 1			
Day 2			
Day 3			

Name of medication: **Dihydrocodeine**

(Can be given every 4-6 hours but no more than 4 doses in 24 hours)

	Time	Time	Time	Time
Day 1				
Day 2				
Day 3				

Notes:

Contact details

Ward 8 – 01772 522245

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

<https://bnfc.nice.org.uk>

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو ییچھپیا یں یہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

Arabic:

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب أخرى بمكّن تو فسير هذه المعلومات

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