

How to get help and advice on pain relief for children

Please see advice below regarding pain relief and links for further information.

Please scan the QR code or access the website

Difflam provides pain relief for children with sore throats. If used regularly it is very effective.

The Difflam your child has been discharged with is a spray which the nurses will have shown you how to use.

You can use this spray every 1.5 – 3 hours.

Using this spray combined with Paracetamol and Ibuprofen will help encourage your child to drink.



Paracetamol is effective for both pain and/or fever.

No more than 4 doses of the medication should be given in a 24-hour period.

Information on paracetamol can be found on this link.

Source: www.nhs.uk



Ibuprofen treats pain and inflammation (swelling) including cold symptoms, teething, toothache, sprains, and strains and reduces a fever.

No more than 3 doses of the medication should be given in a 24-hour period.

Information on Ibuprofen can be found on this link.

Source: www.nhs.uk

Production date: September 2022

Review date: September 2025

JR853 v1