

## INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

### PAIN MANAGEMENT AFTER DAY SURGERY



#### Will my child have pain after his / her operation?

After his / her operation your child may have some pain. Your child will receive pain relief medicines when he or she is in the hospital, but these will gradually wear off after a few hours.

Your child may experience different types of pain when the pain relief medicines wear off:

- **Pain at the site of the operation.** Your child may have some pain at the site of the operation and you may have to give him/her pain relief medicines regularly for the first few days.
- **Other general pains such as sore throat or headache.** This is common just after an operation. This pain should be mild, and usually goes away within the first 24 hours.

#### What can I do to make my child's pain better?

- The nurse or doctor will advise you about which pain relief medicines to use.
- Give the pain medicines following this information sheet and the instructions on the packet / bottle of medicine.
- You should not worry about giving your child pain relief medicine, provided you do not exceed the dose recommended by the manufacturer on the medicine packet.
- Helping your child to concentrate on something else other than their pain can relax your child and reduce pain. Toys, games, books etc. can also be helpful.

#### How should I give pain relief medicine?

- In general, you should give pain relief medicine for as long as your child is complaining of pain.
- If your child has a lot of pain, you should give the pain relief medicine regularly, 'by the clock'.
- You may need to do this for the first few days after the operation.
- After that, you should give pain relief medicine when your child complains of pain.
- Do not wait for the pain to get very severe before you give your child pain relief medicine.
- Giving pain relief medicine at bedtime will help your child to sleep through the night.
- If you are concerned by the severity of your child's pain, you should contact the hospital for further advice.

## Telephone Numbers

**Surgical Day Unit (SDU): (01) 428 2616 / Medical Day Unit (MDU): (01) 409 6525**

**Emergency Department (after 5pm): (01) 409 6326**

Always read the label on the medicine packet and make sure you give the correct dose.

- ***It is very important not to give your child different brands of the same medicine at the same time.***
- If you are not sure about a medicine or have any questions, please contact your local pharmacist or the hospital.

## Types of pain medicines for children

There are two main types of pain medicine suitable for children:

- Paracetamol
- Ibuprofen

**Do not give aspirin to children under 16 years old, unless prescribed by a doctor.**

Always tell your doctor if your child is allergic to any medicines.

## Paracetamol

Paracetamol is a mild pain relief medicine and is available under various brand names (Calpol Six Plus<sup>®</sup>; Calpol<sup>®</sup>; Paralink<sup>®</sup>, Disprol<sup>®</sup>, Panadol<sup>®</sup>) in various forms (tablets, liquids, suppositories, dispersible tablets) and in a variety of strengths

It is one of the most widely used medicines in children and adults; the effects of paracetamol are short lasting and it can be given every six hours.

Paracetamol works well in combination with ibuprofen.

It is important that you follow the instructions on the medicine packet and that you do not give the medicine more often than the instructions tell you to.

## Side-effects of paracetamol

- ✓ Side effects from painkillers are not common. They are described on the leaflet from the manufacturer that is inside the medicine packet.
- ✓ Very rarely, a child may develop a rash this may mean they are allergic to paracetamol. If this happens, stop giving the medicine and contact your GP.
- ✓ Paracetamol can be harmful if too much is given (overdose), so do not give more than the recommended amount, either as a single dose, or during any 24 hour period. If you do give more than the recommended amount contact your doctor or hospital immediately.
- ✓ Paracetamol may be present in other combination products such as cold and flu medicines. If your child is receiving any other medicines always check with your doctor OR community pharmacist before giving pain relief medicines.

## Ibuprofen

- Ibuprofen is a pain relief medicine that is very useful after operations as it reduces inflammation as well as reducing pain.
- It is a type of medicine called a non-steroidal anti-inflammatory drug (NSAID).
- It is available under various brand names (Nurofen®; Brufen®; Provin®; Advil®.) in various forms (tablets, liquids, suppositories) and in a variety of strengths.
- The effects of ibuprofen may last a bit longer than paracetamol, and it can be given every six to eight hours.
- Do not give ibuprofen if your child is less than 3 months old, weighs less than 5kg or has severe asthma, heart, and kidney or liver issues
- It is important that you follow the instructions on the medicine packet and that you do not give the medicine more often than the instructions tell you to.

## Side-effects of ibuprofen

- ❖ They are described on the manufacturer's leaflet that is inside the medicine box. If your child shows any signs of an allergic or other reaction to ibuprofen, stop giving the medicine and tell your GP.
- ❖ The most common side effects of ibuprofen are slight diarrhoea or slight tummy ache.
- ❖ Some children have a mild allergic reaction to ibuprofen, developing an itchy rash, unexplained wheezing, worsening of asthma or shortness of breath. If this happens, stop giving the medicine and contact your GP.
- ❖ Problems due to overdose of ibuprofen are rare, but if you give your child more than the recommended amount, either in a single dose or in any 24 hour period, you should contact your GP as soon as possible.

## **Remember:**

### Important general information about medicines

- Keep medicines in a safe place out of the sight and reach of children.
- Always make sure the medicine has not passed its expiry date.
- Always shake the bottle well before use.
- Store medicines away from direct heat or sunlight.

**PAIN RELIEF MEDICINE SHEET**

**TO BE FILLED OUT BY THE NURSE**

**Nurse Name:** .....(Block Letters)

**Nurse Signature:** ..... **NMBI Pin No:**.....

**Patient Name:**

**HCRN:**

Name of Medicine:	Dosage	TIME Next dose is due at	How often should it be given	Comments
<b>Paracetamol</b>	This dose depends on your child's dosage. Follow the instructions on the bottle or package.			Do not give more than 4 doses in 24 hours
<b>Ibuprofen</b>	The dose depends on your child's dosage. Follow the instructions on the bottle or package			Do not give more than 3 doses in 24 hours

**\*THIS IS NOT A PRESCRIPTION\***

Developed by Pharmacy Department / Medical Day Unit & Surgical Day Unit

Date issued: March 2017

Date of review: March 2020

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