

Remember: Ask your nurse if you are unsure about anything about your child’s care.

Additional instructions



Developed by Spinal Disorders CNSp

Date issued: January 2022 / Date of review: January 2025

Disclaimer & Copyright ©2022, Children’s Health Ireland at Crumlin, Dublin 12. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the copyright holder. Every effort has been made to ensure that the information provided is accurate and in accord with standards accepted at the time of printing.



Information for parents / carers of a child

**Pain Management
for adolescents on discharge
home after scoliosis surgery**

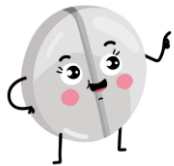


Children’s Health Ireland at Crumlin

Phone: 01 409 6100

Pain management after discharge home from hospital

- After scoliosis surgery, your child may have pain. This will get better over time. This leaflet will help you understand and manage your child's pain at home.
- Be reassured that as your child's body heals, his/her pain will start to decrease.
- Your child will need regular pain relief for upto 2 weeks after discharge, and may need occasional pain relief for up to 6 weeks.
- It is important that your child gets enough pain relief to allow them to do their physiotherapy.
- Your child will be sent home on and



Paracetamol

- Paracetamol is a mild pain killer that works well. Give this regularly at home (every 6 hours) for 1-2 weeks after discharge.
- After this time, paracetamol can be given as required (upto a maximum of 4 doses per day).

Opioids

- Opioids are a class of strong pain medication. There are a variety of opioids that can be used following spinal surgery. These include Oromorph, Oxycodone, or Sevredol.
- Your child has been prescribed
- Give this regularly for the first few days at home (every 6-8 hours).
- Review the level of pain every 2-3 days and reduce the morphine dose as directed.
- Morphine shouldn't be stopped suddenly, so we recommend reducing slowly by extending the interval between doses as described below:
 - ie. Give three times daily (every 8 hours) for 2-3 days.
 - Then, give twice daily (every 12 hours) for 2-3 days.
 - Then, give once daily (every 24 hours) for 2-3 days.
 - Then stop.

Constipation is a side effect of morphine and is common after surgery. This is due to a combination of opioid medication, reduced mobility, anaesthesia, and reduced oral intake. We recommend your child takes laxatives regularly until their normal bowel pattern returns.

Other ways to manage pain at home

Along with your child's pain medicine there are other ways to ease pain.

- Regular short walks can help ease stiffness and discomfort. Please encourage your child to continue with their physiotherapy programme at home.
- Place a pillow between your child's legs while they are lying down for comfort.
- It is important that your child gets enough sleep at night, this will allow them to cope and recover.
- Using a phone/laptop/tablet can be a way of distracting your child when they are in pain.
- Deep breathing exercises and listening to music may also help.
- Heat packs can help to ease shoulder discomfort and back pain. Please refer to the manufacturer's guidelines for safe use.

For more questions, / advice on **your child's recovery** please contact Spinal Disorders CNSp in Children's Health Ireland at Crumlin, Dublin. If you are worried or concerned about your child's recovery, please attend your G.P / local Emergency Department.

Contact details: Phone 01 409 6024

