

USEFUL INFORMATION

If there are any agencies or contacts that you have found helpful you may find it useful to write down details below:

Any problems please contact the ward
TELEPHONE 0191 5699763 (direct line)

We hope you have found this booklet useful during your hospital stay.

Useful websites

www.nhs.uk

www.sunderland.nhs.uk/chs

This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.

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PAIN CONTROL FOLLOWING SURGERY

PATIENT AND CARER INFORMATION LEAFLET



Directorate of Paediatrics and Child Health

Sunderland Royal Hospital

Direct Line: - 0191 5699763

It is often advisable to continue your child's pain relief (analgesia) after discharge home from F63. We advise that you follow the instructions listed here for at least the first few days (72hours) at home or until your child is pain free in the morning.

Paracetamol

This can take the form of a suspension 120mg in 5ml (Calpol Paediatric, Disprol Paediatric or Junior Parapaed), 250mg in 5 ml (Calpol 6 Plus or Parapaed Six Plus) or for older children 500mg tablets/effervescent tablets

Which is

.....mls or

.....5ml spoonfuls or

.....500mg tablets

This should be given FOUR times a day

At the following times *upon waking* (6am –8am) give breakfast 30 minutes later)

Half an hour before lunch (12pm –2pm)

Half an hour before dinner/supper (6pm-8pm)

This leaves 1 further dose for during the night should your child wake up

Ibuprofen

This can take the form of a suspension 100mg in 5ml (Nurofen or Brufen) or for older children 200mg or 400mg tablets.

Which is

..... mls or

.....5ml spoonfuls or

.....mg tablets

This can be given at the same time as the paracetamol but a maximum of 3 doses per day 8am 2-3pm and 8-9 pm

Codeine

This may take the form of liquid (25mg in 5ml) or tablets 15mg or 30mgs.

Which is

.....mls or

.....5ml spoonfuls or

.....mg tablets