

the alex

THE ROYAL ALEXANDRA CHILDREN'S HOSPITAL

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

We thank Great Ormond Street Hospital for Children NHS Trust for their kind permission to adapt patient literature.

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If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি।

如你不明白本單張的內容，我們可安排口譯員服務。

如你不明白本傳單的內容，我們可安排口譯員服務。

اگر مندرجات این جزوه را نمی‌فهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.



the alex

Pain management

for your child after day surgery

Information for families



An amazing

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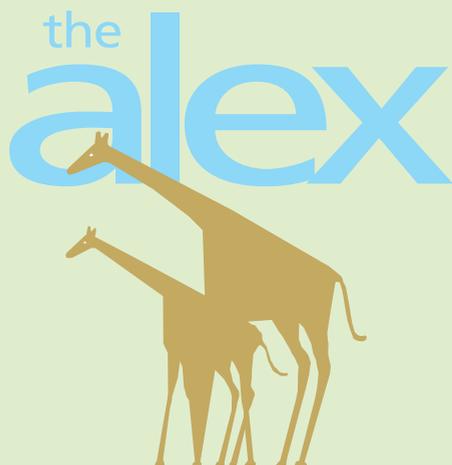
This leaflet aims to give you information about **pain relief** for your child after their operation. It outlines the options available, any side effects they may have, and how you can be involved in your child's pain management.

Before your child's operation

At your child's pre-operative assessment, the nurse will introduce the possible options of post-operative pain relief. The options available will depend on your child's medical condition and on the type of surgery to be undertaken.

Who/what is the pain control service?

It is a specialist team of nurses, anaesthetists and pharmacists who help the ward nurses manage your child's pain. The team gives advice on various methods of pain relief, to see that the children are comfortable.



Pain management after day surgery Information for families

My child has had an operation as a day patient, what should we expect when we get home?

Your child will have been given painkillers when he or she was in the hospital, but these will wear off when you get home. We advise that you have a stock of paracetamol/Calpol® and ibuprofen at home in preparation for discharge.

Your child may therefore experience different types of pain:

Pain at the site of the operation:

We know from experience that certain operations could be particularly painful therefore we give several different types of pain killers together to prevent this and to make it better. If your child has been given a local anaesthetic injection when they were asleep, they may not have any pain to begin with. When the local anaesthetic wears off, they could start to feel pain. The nurses will give advice about a suitable combination of painkillers.

Other general pains such as sore throat or headache:

This is common just after an operation. The pain should be mild, easily treated with paracetamol, and go away within the first 24 hours.

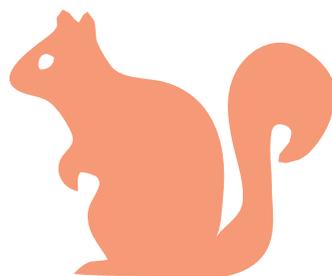
What can I do to make my child's pain better?

The hospital will advise you about what pain medicines to use. Give the pain medicines following this advice and the instructions on the bottle.

Remember that after surgery:

- Painkillers should be given regularly to minimise the pain.
- Different types of painkillers work well together, for instance, paracetamol and ibuprofen can be given at the same time for the strongest effect.
- Do not wait for your child to get sore before you give painkillers. For the first 2-3 days, pain management should be consistent.
- Giving painkillers thirty minutes before meals may help post-Tonsillectomy patients eat more comfortably.
- Giving painkillers at bedtime will help your child to sleep through the night.
- If your child is still in pain or you are concerned at the severity of pain, you should contact the hospital or your GP to get advice.

Pain management after day surgery Information for families



Frequently asked questions about post-operative pain

How can I tell if my child is in pain?

If your child is old enough, they will be able to tell you they are in pain. It is more difficult to judge in younger children, but his or her behaviour can help you. It can also be helpful to measure the pain, or ask them to measure it; this can be done using a pain scale, like the ones described in the table on page 7.

How long should I give painkillers for?

Children are not all the same about how much pain they feel. In general, you should give painkillers for as long as your child is complaining of pain or showing signs of pain. When your child is sore, you should give the painkillers regularly. You may need to do this for several days, or as advised. After that, you should give painkillers when your child complains of pain.

Is it alright to give my child more than one painkiller at the same time?

It is alright to give combinations of painkillers at the same time, for instance paracetamol and ibuprofen can be given together. But it is very important not to give your child different brands of the same medicine at the same time. For example, paracetamol may be called by several different names: Calpol® and Disprol® are both brands of paracetamol made by different manufacturers and ibuprofen may be called several different names such as Nurofen for children®.

Always read the label on the medicine bottle and make sure you give the correct dose. If you are not sure about a medicine or have any questions, please contact your local pharmacist or the hospital.

Pain management after day surgery Information for families

What are the possible risks and side effects?

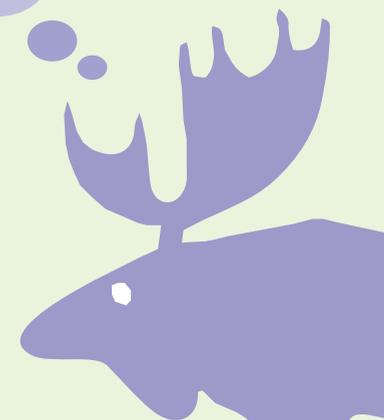
Side effects from painkillers are not common. They are described on the piece of paper inside the medicine box from the manufacturer.

It is important that you follow the instructions on the bottle and that you do not give the medicine more often than the instructions tell you to. Always tell your doctor if your child is allergic to any medicines.

You should not worry about giving your child medicines to make his or her pain less – they will not become addicted to the medicines, the medicines will not slow down healing. He or she will feel much better if they are not in pain.



If you have any questions, please contact your child's ward nurse.



Pain management after day surgery

Information for families

How can I assess my child's pain?

Faces Pain Scale

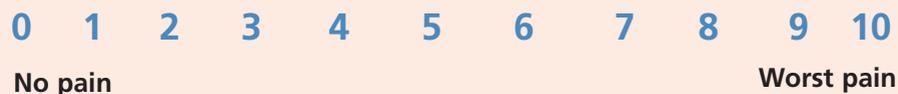
This is useful for children older than about 4 years.
Ask your child to choose the face that best describes their pain.
The Total Score is given below each face.



(Wong-Baker FACES Pain Rating Scale ©Mosby)

Numeric Scale – self report

Choose a number between 0 and 10 that best describes the pain you are feeling:



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Pain Behaviour Scale

The Parents Postoperative Pain Measure (PPPM)

This scale is useful for younger children.
Give 0 or 1 point for each item in the list below.
And then add them together to give the Total Score.

My child's behaviour	Yes	No
	Score 1 point each	Score 0 points each
Complains more than usual?		
Cries more easily than usual?		
Plays less than usual?		
Does not do the things he/she usually does?		
Acts more worried than usual?		
Quieter than usual?		
Has less energy than usual?		
Refuses to eat?		
Eats less than usual?		
Holds the sore part of his/her body?		
Tries not to bump the sore part?		
Groans or moans more than usual?		
Wants to be close to you more often?		
Takes medicines that they usually refuse?		
Total Score		

(Chambers C et al. Pain 2003; 105: 437-445)

If the Total Score is 6 or more on either the Faces or PPPM scale, this means that you should give your child some painkillers.

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What types of pain medicines are right for my child?

There are two main types of pain medicine suitable for children: paracetamol and ibuprofen. Please remember that aspirin should not be given to children under 16 years old, unless prescribed by a doctor.

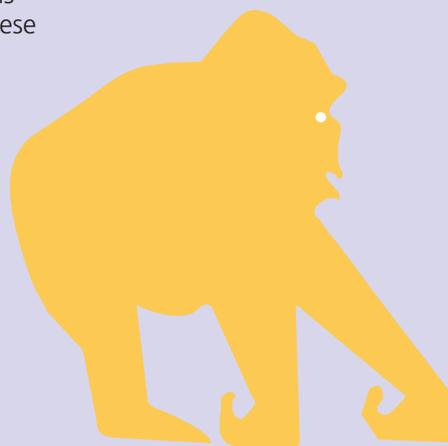
Medicine name	What is it?	Side-effects
<p>Paracetamol Also known as the following brand names:</p> <p>Calpol Six Plus® Disprol® Infadrops® Tixymol® Tixyplus® Medinol® Panadol/sugar free</p>	<p>Paracetamol is a mild painkiller and is available under various brand names.</p> <p>It is one of the most widely used medicines in children and adults; the effects of paracetamol are short lasting and it can be given every four to six hours.</p> <p>Paracetamol works well in combination with ibuprofen. It can also be used to bring down a child's temperature.</p>	<p>Very rarely, a child may develop a rash and other reactions. If this happens, stop giving the medicine and tell your GP.</p> <p>Paracetamol can be harmful if too much is taken (overdose), so do not give more than the prescribed amount, either as a single dose, or during any 24 hour period.</p> <p>There are other types of medicines containing paracetamol, such as cold relief medicines, so it is important to count these in any doses given in a 24 hour period.</p>

Further details about paracetamol, ibuprofen and any other medicines, are written on the package insert or you can ask your doctor, nurse or pharmacist.

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Medicine name	What is it?	Side-effects
<p>Ibuprofen Also known as the following brand names:</p> <p>Nurofen® Junifen® Brufen® Cuprofen® Advil® Fenpaed® Calprofen®</p>	<p>Ibuprofen is a painkiller that is particularly 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).</p> <p>It is available under various brand names.</p> <p>The effects of ibuprofen may last a bit longer than paracetamol, and it can be given every six to eight hours.</p> <p>Ibuprofen works well in combination with paracetamol. It can also be used to bring down a child's temperature.</p>	<p>The rare side effects of ibuprofen are slight diarrhoea or slight tummy ache therefore it should not be given on an empty stomach.</p> <p>Some children have a mild allergic reaction to ibuprofen, developing an itchy rash, unexplained wheezing, worsening of any asthma or shortness of breath. If your child shows any signs of an allergic or other reaction to ibuprofen, stop giving the medicine and tell your GP.</p> <p>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.</p>





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Pain medicines for

To be filled in by your child's doctor, nurse or pharmacist before you go home.

Medicine name	Dose	How often it can be given	Time of last dose in hospital	Comments (eg next dose)
	Follow instructions on bottle / package			

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