



## ***PATIENT INFORMATION***

### **Information about managing your child's pain**

Name.....

This information is aimed at helping you manage your child's pain, at home, after discharge from hospital. For the first few days at least, it is normal to expect some discomfort but this can be controlled by medicine.

Paracetamol and Ibuprofen are the usual medicines we would recommend for your child.

Paracetamol is a very safe medicine and can be given every 4-6 hours but no more than 4 times in 24 hours. Popular brand names for syrups containing paracetamol are: Calpol, Disprol, Parapaed and Medinol.

Your child's dose of paracetamol, calculated according to his/her weight, is.....mls of infant / 6+ syrup. (please delete as appropriate).

The last dose was given at.....

The next dose is due at.....

Ibuprofen is part of a group of medicines (including Voltarol which is the suppository that your child may have had in theatre) that work by reducing inflammation, as well as pain, and so work very well with surgical pain.

Ibuprofen can be given 3-4 times a day, preferably with food. Popular brand names for syrups that contain ibuprofen are: Nurofen, Junifen and Calprofen. Children may be unable to take this medicine if they have asthma, have a history of stomach ulcers or have kidney, liver or heart problems. Consult your doctor in any of these cases.

Your child's dose of Ibuprofen, calculated according to his/her weight is.....mls.

The last dose was given at.....

The next dose is due at.....

Paracetamol and Ibuprofen can be taken together as they are part of different medicine groups. You may wish to stagger them so your child is having medicine every couple of hours.

Although medicines are very important in helping your child's pain, please do not underestimate the value of plenty of cuddles and distractions, such as special toys, television and books.

Below is a diary for you to record the time when the doses of medicine have been given:

Medication	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Paracetamol										
Ibuprofen										

We have included a copy of the faces pain scoring tool that your child will have been shown on the ward to help you to know how much pain they are in.

(copy of faces pain tool used on the ward)

**If your child is experiencing a lot of pain and the medicines are not working please contact your GP.**