



PATIENT INFORMATION

Information about managing your pain

Name.....

This information is aimed at helping you manage your 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 you.

Paracetamol is a very safe medicine and can be taken every 4-6 hours but no more than 4 times in 24 hours. You might take this in tablet form but you may prefer dissolvable or syrup's. Popular brand names for syrups containing paracetamol are: Calpol, Disprol, Parapaed and Medinol.

Your dose of paracetamol, calculated according to your weight or age is.....

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 you may have had in theatre) that work by reducing inflammation and so work very well with surgical pain. You can take Ibuprofen 3-4 times a day, preferably with food. Again this comes in a tablet form but also in a syrup. Popular brand names for syrups that contain ibuprofen are: Nurofen, Junifen and Calprofen. You may be unable to take this medicine if you have asthma, have a history of stomach ulcers or have kidney, liver or heart problems. Consult your doctor in any of these cases.

Your dose of Ibuprofen, calculated according to your age or weight is.....

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 you are having medicine every couple of hours.

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										

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