



Patient name:	Male / Female
Patient address:	
Date of birth:	Age:
NHS number:	
Home phone no.:	
Mobile:	
<i>Attach addressograph if available</i>	

Pain Relief at Home after Surgery

Advice for Parents and Children

During their stay in hospital your child will have received painkillers but these will wear off when you get home. If your child is in pain then the following advice will help you treat the pain safely.

How often and for how long?

The amount of pain varies with different operations and between children. Don't worry about giving painkillers. If you follow this advice your child will not get addicted or be harmed by the painkillers. In fact recovery is often better if children have good pain relief.

What painkillers should I use?

Mixtures of painkillers often work better. In addition to giving painkillers, playing, comforting and reading to are good ways of distracting your child from their pain.

When should I give them?

It is best to give painkillers regularly for the first 2 to 3 days. After this give your child pain relief when they complain of pain but don't forget to ask them regularly and often.

Giving a dose at mealtimes is recommended for some of the painkillers. **Giving a dose before bedtime will help your child get a good night's sleep.**

How will I know if my child is in pain?

Older children will generally be able to tell you. In younger children the signs listed below will help you assess your child's pain.

- Complains more than usual
- Cries more than usual
- Does not do things they usually do
- Holds the sore part of their body
- Groans or moans more than usual
- Tries not to bump the sore part
- Eats less than usual
- Refuses to eat
- Acts more worried than usual
- Looks more flushed than usual
- Has less energy than usual
- Quieter than usual
- Wants to be close to you more
- Takes medicines they usually refuse

