

Pain Relief Following Day Case Surgery

Information for Parents and Carers

Pain relief following day case surgery

The first 24-48 hours following surgery is a time when your child may experience most pain. We recommend using paracetamol and ibuprofen after all minor surgery.

For children and young people having more complex procedures, we also recommend three doses of morphine oral solution. If you do not use all three doses of morphine oral solution, it is important to dispose of it safely.

Paracetamol, ibuprofen and morphine oral solution can all be used together, as long as dosage guidelines are followed. The correct doses and guidance for your child are clearly written on the medicine bottles provided and will be discussed with you before leaving hospital to go home.

Paracetamol

Last dose given at: _____

Give next dose at: _____

Ibuprofen

Last dose given at: _____

Give next dose at: _____

Morphine oral solution

Last dose given at: _____

Can give next dose at: _____

These pain relief instructions have been used in our hospital without problems, but if your child becomes drowsy, or their breathing becomes slow and shallow, please do not give further doses and seek urgent medical advice.

Note: when giving pain-relieving medicine regularly, it is important to know when you last gave it. We advise that you use the chart below to record times.

Day 1	Time	Time	Time	Time
Paracetamol				
Ibuprofen				
Morphine Oral Solution				

Day 2	Time	Time	Time	Time
Paracetamol				
Ibuprofen				
Morphine Oral Solution				

Day 3	Time	Time	Time	Time
Paracetamol				
Ibuprofen				

Note

Members of the Pain Management Group at the Royal Hospital for Children and Young People, Edinburgh, acknowledged recent national and international recommendations for pain relief in children following surgery when writing this leaflet.

Contact Telephone Numbers

Surgical Admissions Unit: **0131 312 0970**

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Pain Management Group, RHCYP