

Taking pain relief for an injury after discharge from Children's Emergency Department

Children's Emergency Department

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Information for Patients

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You have been discharged from the Children's Emergency Department and it is advised that you take painkillers (analgesia).

It is important that you keep on top of the pain that you may feel after your injury. Good pain relief can help you be more comfortable and help speed up your recovery.

Painkillers are more effective if they are taken regularly throughout the day. It is important not to wait for the pain to start before you take the painkillers.

There are several over the counter tablets that will help ease your pain, but please note that you should expect a certain amount of discomfort. If taken properly, painkillers will help you.

The following is advised:

paracetamol 4 times a day **and** ibuprofen 3 times a day with food.

See the instructions on the label for the age appropriate dose.

As with all medication, you must read the information provided inside the medication packet.

If taken alternately, a good level of pain relief can be achieved. For example:

	7:00am	10:00am	1:00pm	4:00pm	7:00pm	10:00pm	1.00am
Paracetamol	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/> If needed
Ibuprofen		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

If you **have** asthma or you have previous stomach problems talk to your clinician **before** taking ibuprofen.

Let your clinician know if you are taking other medications.

Do not take paracetamol with any other medicines that have paracetamol such as cold/ flu remedies as even a small overdose can be very dangerous

If your pain persists and you are not being followed up by Leicester's hospitals please contact your own doctor for advice.

The main difference between the drugs is that ibuprofen has anti-inflammatory effects, whereas paracetamol does not.

A combination of paracetamol and ibuprofen gives better pain relief than the same dose of either drug alone.

Contact details

If you have any concerns you can contact the NHS helpline on 111 for advice.

Giving us your feedback

We would love to get some feedback on your visit today. Use your smart phone to scan this QR code for quick access to our online feedback survey form.



Alternatively, you can access the feedback form from our website:

<https://www.leicestershospitals.nhs.uk/patients/thinking-of-choosing-us/patient-experience/>

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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