

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

## Children's Emergency Department

Information for Patients

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You have been discharged from the Children's Emergency Department. We now advise you to take painkillers (analgesia).

You must take care 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. Do not wait for the pain to start before you take the painkillers.

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

### We advise the following:

- You should take 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.

Follow the example below:

	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](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## What else do I need to know?

- If you have asthma or you have had stomach problems before, 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 you have lasting pain 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 our online feedback survey form or visit: <https://tinyurl.com/3amynf8y>



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

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)