

Pain relief after your child's surgery

Leicester Children's Hospital

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Information for Parents

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Introduction

We know that coming into hospital is an anxious time for you and your child. You may also have the added concern that your child may be in pain after surgery.

This leaflet gives you information about pain relief for your child after surgery.

During the operation or procedure the anaesthetist (a doctor who cares for your child while under anaesthetic) will give your child some pain relief medications. This is to make sure that he/she is comfortable when back on the ward. The type of pain relief given will vary depending on the type of operation or procedure.

There are a few different types of pain relief that we might give to your child during and after the operation or procedure. These are listed below:

Paracetamol

This is widely used in both children and adults for pain relief after surgery. It is used for other common day to day aches and pains. It is also used to bring down a high temperature.

Paracetamol is a mild painkiller. Its effects last between 4 to 6 hours. You should give it to your child regularly when they have pain. Paracetamol can be given in a few different ways:

- syrup
- tablets
- dispersible tablets
- into a vein (intravenously)
- a small capsule inserted into the bottom (suppository)

**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

Side effects of paracetamol are uncommon, but on rare occasions a rash or other reactions may occur. If you notice anything, please tell a doctor or nurse right away.

Ibuprofen or diclofenac

These are groups of medicines called non-steroidal anti inflammatory drugs (NSAIDs). They are very useful in easing pain and swelling (inflammation) after an operation or procedure. They can also be used to bring down a high temperature.

They are a mild to moderate painkiller. Their effects can last for 4 to 6 hours.

NSAIDs can be given in different forms:

- syrup
- tablets
- a small capsule inserted into the bottom (suppository)

These medicines can sometimes cause irritation to the stomach. This may lead to indigestion or feeling sick. It is usually best that your child has something to eat before taking them.

Some children with certain medical disorders such as kidney problems, blood clotting problems, heart problems or asthma may not be allowed these medicines. Your child's doctor will explain if they are not suitable and discuss other options.

Morphine

This is a strong painkiller. It is used for moderate to severe pain, such as pain after an operation or procedure. It can last for about 4 hours. It can be given if paracetamol or NSAIDs have not been effective in controlling your child's pain. It can be given regularly or when needed.

Morphine can be given in different forms: syrup and tablets.

After some operations or procedures, which may be more painful, we can give morphine in a vein (intravenous) to your child. It can be given through a special pump called PCA (patient controlled analgesia) or morphine infusion. If this method has been chosen for your child, we will give you a separate information leaflet to explain this method in more detail (leaflet 182):

yourhealth.leicestershospitals.nhs.uk/library/women-s-children-s/children-s/children-s-hospital/1721-managing-your-child-s-pain-with-morphine-nurse-or-patient-controlled-analgesia

Local anaesthetic block

This is a type of medication used to numb areas of the body during some types of surgery or procedures. We will give it during the operation or procedure.

Local anaesthetics work by blocking the nerves from the affected part of the body so that pain signals cannot reach the brain. Some can last up to 6 hours. The type of block given will depend on the type of operation or procedure carried out.

Some blocks will just numb a specific area whilst others may numb whole limb/s. A caudal block



numbs the lower half of the body from the belly button downwards. It is used with a general anaesthetic for surgery on the lower belly, groin and legs (leaflet 485).

yourhealth.leicestershospitals.nhs.uk/library/women-s-children-s/children-s/children-s-hospital/785-caudal-pain-relief

Epidurals are another local anaesthetic block. It can be used for pain relief after major surgery. It can be given as a continuous infusion. This could last for up to 48 hours. If an epidural has been chosen for your child then we will give you a separate information leaflet to explain this method in more detail (leaflet 365)

yourhealth.leicestershospitals.nhs.uk/library/women-s-children-s/children-s/children-s-hospital/398-children-having-an-epidural

Assessing your child's pain

After surgery the ward nurses will regularly assess your child's pain level. They will check how well the pain relief is working. They will assist in the planning for any further pain relief if needed.

Depending on their age and ability, the nurses will ask your child about their pain. They will use a pain assessment tool. There are other pain tools which the nurses can use for younger children and those who have communication difficulties. The nurses will also ask for your opinion about the level of pain, as you play a very important part in helping us to assess and manage your child's pain, because you know them best.

Another method to think about, that you can use to help your child manage their pain, is using distraction techniques. This can be something as simple as reading a book or playing a game. The ward play specialists may also be able to help you with some different techniques for distraction.

Contact details

Children's pain team 0116 258 5015

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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