


# Pain relief after your child's day case surgery

Information for parents and carers

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Children's Day Care Ward  
Oxford Children's Hospital

## **Pain relief after your child's operation**

Your child is allowed to go home on the same day as their operation because the operation is relatively small and is not expected to cause too much pain.

The anaesthetist will give some pain medicine to your child while they are asleep. This should work to relieve pain for several hours and usually means that your child will be comfortable when they wake up.

The anaesthetist may also give your child a local anaesthetic block whilst they are asleep. A local anaesthetic block is where the doctors inject some local anaesthetic around the area of the operation whilst your child is asleep. This will numb your child's wound for 6-8 hours and help keep them comfortable after the operation.

If your child does experience any pain after their operation the following information will help you to decide what to do next.

## **Pain assessment**

Your named nurse will use a pain assessment tool to help assess and treat your child's pain. This is a chart that helps to measure how much pain your child may be feeling. You and your child will be introduced to this assessment tool either at your pre assessment clinic or on the ward before their operation.

## Non-drug methods of pain relief

These can help get rid of pain and can help reduce the amount of pain your child experiences. They can be used alongside regular pain medicine. Using methods to lessen a child's anxiety and stress have been proven to help in reducing their pain as well.

- **Distraction**

Help your child to concentrate on something other than their pain. Toys, jokes, games, books, ipads, films and DVDs or the television can all be helpful.

- **Relaxation**

Simple techniques like deep breathing, rhythmically moving a leg or loosening a fist can relax other body parts and dramatically reduce pain.

- **Physiotherapy, massage and touch** can be used to help your child to relax and be more comfortable.

## Medicines for pain relief

When you get home:

- Give your child paracetamol and/or ibuprofen regularly, rather than waiting for them to be in pain before giving these medicines.
- If your child's pain is not controlled by regular paracetamol and/or ibuprofen, give them a dose of morphine (if prescribed).
- Please only give the doses of pain medicines that have been safely allowed, as explained by the doctors and /or nurses.

### Paracetamol

Paracetamol is good for treating mild pain in children.

- Give a dose 4 times a day.
- The correct dose is 15mg/kg, which is.....mls, according to your child's weight.
- We will give you a measuring syringe to use.

- Give this regularly for the first 2 days after your child's operation.
- After you leave hospital, next dose is due at .....
- **Leave at least 4 hours between doses and do not give more than 4 doses of paracetamol in any 24-hour period.**

## **Ibuprofen**

Ibuprofen is good for treating inflammation (redness and swelling) as well as pain.

- You can give ibuprofen as well as paracetamol. These drugs work in different ways and complement each another, often increasing the effect of one another when given at the same time.
- Give a dose 4 times a day, during or after a meal, if possible.
- Your child's correct dose is 10mg/kg, which is.....mls, according to your child's weight.
- We will give you a measuring syringe to use.
- Give it regularly for the first 2 days after your child's operation.
- After you leave hospital, the next dose is due at .....
- Do not give your child ibuprofen if they are less than 3 months old or weigh under 5 kilograms, or have severe asthma, heart, kidney or liver problems.
- **Leave at least 6 hours between doses and do not give more than 4 doses of ibuprofen in 24 hours.**

## **Morphine liquid**

Please refer to the oral morphine information leaflet for advice. This will be given to you by the pharmacist.

- You should give morphine liquid if your child's pain is not controlled by regular paracetamol and/or ibuprofen, as it is a stronger pain medicine.
- Your child's correct dose is 100 micrograms per kilogram which is .....ml, according to your child's weight. We will give you a measuring syringe to use.
- **Leave at least 4 hours between doses of morphine liquid.**
- If your child is still in pain after 2 doses of morphine liquid, and you are still giving paracetamol and ibuprofen, please telephone the hospital for advice.

## How to contact us if you have any concerns

If you have any worries or queries about your child once you get home, please telephone the ward and ask to speak to one of the nurses. You can also contact your GP.

### John Radcliffe Hospital

John Radcliffe Hospital Switchboard: Tel: **01865 741 166**

Children's Day Care Ward: Tel: **01865 234 148**

(7.30am to 7.30pm, Monday to Friday)

Tom's Ward: Tel: **01865 234 108/9**

Bellhouse-Drayson Ward: Tel: **01865 234 049**

Melanie's Ward: Tel: **01865 234 054/055**

Robin's Ward: Tel: **01865 231 254/255**

Clinical Decision Unit: Tel: **01865 223 028**

(All 24 hours)

### Horton General Hospital

Switchboard: Tel: **01295 275 500**

Horton Children's Ward: Tel: **01295 229 001/2**

(24 hours)

Further information about coming to our hospital can be found at:  
**[www.ouh.nhs.uk/children/](http://www.ouh.nhs.uk/children/)**



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Children's Advanced Nurse Practitioner Team, Children's Day Care Ward  
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