

## Anaesthetic and Pain Management

### Managing pain after your operation

This leaflet explains pain relief after your operation and the painkillers you may be discharged home with.

The ward doctors will prescribe you the painkillers they want you to use at home. Take the painkillers as prescribed, at the prescribed intervals and not exceed the recommended dose. If you are unsure how to take the painkillers, please ask the ward nurses before you are discharged.

#### **Paracetamol (500mg tablets)**

This is a very effective pain medication and is well tolerated by most people. We recommend you take 2 x 500mg tablets regularly 4 times a day at 4 – 6 hourly intervals (max 8 tablets in 24 hours). They are very effective for mild to moderate pain and work well with other painkillers such as ibuprofen and codeine.

**Do not take with other tablets containing paracetamol, such as co-cydramol or co-codamol.**

#### **Anti-inflammatory painkillers - ibuprofen / naproxen / diclofenac**

These reduce inflammation and can be used with other painkillers such as paracetamol and codeine.



## Patient Information

Anti-inflammatory painkillers are intended for short-term use (1 – 2 weeks) and can be taken regularly. They can sometimes cause indigestion, so they should be taken with food.

### **Codeine phosphate**

This comes in a range of doses, and you will be prescribed a dose appropriate for you. You should already be taking paracetamol, and codeine can be used alongside this. It is good for moderate pain and is stronger than paracetamol.

It can cause side effects such as constipation. Taking plenty of fluids and some fruit will help to avoid constipation. You may be prescribed laxatives if required.

Some patients may have other types of painkillers prescribed. You would be given advice on how to take these before discharge.

Pain after surgery should reduce over time. You should continue taking the painkillers until normal day-to-day activities are comfortable. The painkillers are not intended for long-term use, and you can reduce your painkillers as you feel your pain levels reduce.

Once you've been discharged home from hospital, if you have any problems with pain, you should contact your GP.

### **The Pain Service**

At the University Hospitals Coventry and Warwickshire NHS Trust, we aim to provide the safest and best pain relief for all patients after surgery. To achieve this, we have an acute pain service provided by a team of specialist nurses. The team is available on weekdays to advise and answer any questions about pain relief.

If you'd like to speak to one of the team, you can ask the ward nurses to contact us.

## Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the pain management secretaries on 024 7696 5878 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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#### Document History

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