

Pain Relief at Home Following Your Operation

Pack B (NSAID (Anti-Inflammatory) NOT included)

Patient Information

Acute Pain Team

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Introduction

This leaflet is designed to help you manage any pain you may have at home following your operation.

Please read this leaflet carefully and show it to the person who is looking after you.

Whom to contact about your painkillers

If you are worried about the painkillers, you have been given or any other medicines you have been asked to take, ring the discharging ward or the alternative numbers given to you on discharge.

How to cope with pain – some tips

After going home, you may experience some pain, and this may prevent you from doing some everyday activities and may also disturb your sleep.

During the first few days try to:

- Follow the advice given to you by the nursing staff or Physiotherapist for keeping your wound protected and supported.
- Take your painkillers regularly if in pain. It may be beneficial to take some before bedtime.

Your painkillers

You have been given a pack that contains 2 types of painkillers:

- Paracetamol (1 tablet = 500mg).
- Codeine (1 tablet = 30mg)

Paracetamol

You can take TWO tablets every 4 hours **but do not take more than 8 tablets in any 24-hour period**. Please take the recommended dose as suggested by your discharging ward. **Only take ONE tablet if you are less than 50kg.**

Codeine

You can take ONE or TWO tablets every 4 to 6 hours **but do not take more than 8 tablets in any 24 hours period**. Please take the recommended dose as suggested by your discharging ward. Caution must be taken if driving or operating machinery.

Codeine may also be slightly constipating, so it is advisable to eat a healthy diet – fruit and vegetables and drink plenty of fluids – at least up to 8 – 10 cups of water every day. Paracetamol and Codeine can be taken together, as long as the maximum 24 hour doses are not exceeded.

What do I do if I am in pain?

Take your painkillers regularly if needed. Do not wait for the pain to become severe, mild pain is easier to control. Your painkillers will be more effective when taken throughout the day. Assess your pain at least four times per day – for example at breakfast, midday, late afternoon and just before bedtime.

Assessing your pain

If you have mild pain, you can take Paracetamol **OR** if you have moderate to severe pain you can take Paracetamol and Codeine.

Allow time for your painkillers to work. Oral painkillers can take 30-45 minutes to start working.

Wait at least four hours before you consider taking any more painkillers.

Keeping a record

Use the chart below to help you keep a record of the painkillers that you have taken.

Enter the time, your level of pain and the number of tablets you took. This will ensure you do not take too many tablets.

Date	Time	Pain Level (is it mild, moderate, severe)	Number of tablets taken	
			Paracetamol	Codeine
	Breakfast			
	Dinner			
	Tea			
	Supper			
	Breakfast			
	Dinner			
	Tea			
	Supper			
	Breakfast			
	Dinner			
	Tea			
	Supper			
	Breakfast			
	Dinner			
	Tea			
	Supper			

What do I do with the tablets I don't take?

Everyone has a different experience of pain, some may have none or very little. If you do not use all of your tablets, you should return them to the hospital pharmacy or local chemist for disposal.

What do I do if I need more tablets?

You may need to go and see your GP for an assessment.

Problems with ongoing pain

Please contact your GP for further assessment.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: <https://www.wwl.nhs.uk>

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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