

## CAN WE MAKE YOUR VISIT EASIER?

... putting people at the heart of everything we do ...

We want to make your visit to Ashford and St. Peter's Hospitals easier. Some things we can provide quickly, others may take time to arrange. Whatever your need – please ask for help.

We can provide interpreters for a variety of languages, information in larger print or Braille, plus audio and other formats.

If you require a translation please call: 01932 723553

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723 553 تماس بگیرید۔ Farsi

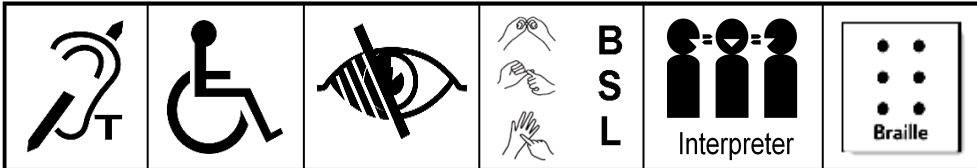
ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553 Punjabi

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723 553 پر رابطہ کریں Urdu

Se precisa de uma tradução por favor contacte: 01932 723553 Portuguese

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553 Hindi

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553 Bengali



Ashford and St. Peter's Hospitals **NHS**  
NHS Trust

## MANAGING PAIN AT HOME AFTER AN OPERATION or PROCEDURE

Acute Pain Service

Ashford Hospital, London Road, Ashford, Middlesex, TW15 3AA.

Telephone: 01784 884488 Fax: 01784 884017

St. Peter's Hospital, Guildford Road, Chertsey, Surrey, KT16 0PZ.

Telephone: 01932 872000 Fax: 01932 874757

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

**PATIENT INFORMATION**



Having done this, if you remain concerned our Complaints Manager can be contacted on 01932 722 612 or e-mail [www.complaints@asph.nhs.uk](mailto:www.complaints@asph.nhs.uk)

## INTRODUCTION

After you leave hospital it is likely that you will be given some painkillers to take home.

We advise that you take your painkillers regularly for the first few days. This means that you should take them **by the clock** and not just when you have pain.

For example, if you were prescribed a painkiller that can be taken four times a day, you would take them at breakfast time, around lunchtime, in the early evening and before you go to bed.

After the first few days you may wish to cut back on the painkillers and only take them when needed. However, if this does not control your pain then go back to taking them regularly.

## IMPORTANT POINTS ABOUT THE MEDICINES YOU MAY BE GIVEN

Always read the information sheet which accompanies the drug.

### Drugs containing Paracetamol:

**DO NOT** take more than one drug containing Paracetamol at any one time.

Be aware that Paracetamol is present in a number of painkillers such as Codydramol, Coproxamol, Cocodamol also 'in over the counter' cold/flu remedies such as 'Beechams Powders' and 'Lemsip'.

### Anti-inflammatory Painkillers:

You may also be given an **anti-inflammatory** painkiller such as Ibuprofen or Diclofenac.

|             |  |
|-------------|--|
| Author:     | Harriet Barker / Sharon Kitcatt                        |
| Department: | Acute Pain Service                                     |
| Version: 12 | Reviewed/republished:21/08/2009 Review date 21/08/2010 |

If you are given these medicines you must:

- a) only take them for 5 days unless otherwise directed
- b) drink plenty of (non alcoholic) fluids so as not to become dehydrated; alcohol can dehydrate so it is advisable not to drink alcohol whilst taking this medication
- c) always take them with or after food
- d) stop taking them if there is any shortness of breath, facial swelling, unexplained bruising, stomach pains, indigestion, heartburn, vomiting of blood or blood in the stools

A drug containing Paracetamol and an anti-inflammatory painkiller may be taken at the same time and this may increase the pain-killing effect.

If you are taking painkillers regularly and your pain does not seem to be under control you should make an appointment to discuss this with your GP.

You should also see your GP if you need more painkillers.

## PAINKILLERS PRESCRIBED

You may find the following table useful to jot down any information about your painkillers:

| Painkillers I have been prescribed | When I should take them | Other information |
|------------------------------------|-------------------------|-------------------|
|                                    |                         |                   |
|                                    |                         |                   |
|                                    |                         |                   |

## FURTHER INFORMATION

If you have any questions or concerns regarding pain relief after your operation, and would like to discuss these, then please contact the Acute Pain Service.

We are available

**Monday to Friday between 09.00 and 17.00 hours**

**Sharon Kitcatt** - Consultant Nurse Acute Pain Service

telephone **01932 872000**

**Harriet Barker** - Specialist Nurse Acute Pain Service

**Victoria Woolger** – Specialist Nurse Acute Pain Service

telephone **01932 872000** ask for **bleep 5042**

Details regarding our hospitals, including information regarding the Department caring for you can be found by logging on to our website [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk) or the National NHS website [www.nhs.uk](http://www.nhs.uk) which includes an A to Z guide to health.

Our staff endeavour to provide an excellent service but we do recognise that there are times when you may have concerns. In the first instance please raise these with the Senior Nurse or Manager in charge when you are at the hospital. If they are unable to resolve your query satisfactorily please contact our Patient Advice and Liaison Service (PALS) on 01932 723 553 or e-mail [www.pals@asph.nhs.uk](mailto:www.pals@asph.nhs.uk).