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ने उदाहृत उदाहरणों में लैज है जं विवरण करके इस नंबर से देन करे: 01932 723553

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Managing Pain at Home after an Operation or Procedure Acute Pain Service

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk

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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**

Managing Pain at Home

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.

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