

Please see below for times and frequency of pain relief given to your child during their visit:

	Time of last dose	Number of times given during stay	Time of next dose
Paracetamol			
Ibuprofen			

If you have any questions or concerns, please do not hesitate to contact the ward on 01925 215 070 or main reception on 01925 265 000.

Spire Cheshire Hospital does not have an accident and emergency department therefore if your concerns are of a serious nature please seek immediate medical attention from your local accident and emergency department.



Spire
Cheshire Hospital



Ward: 01925 215 070



Main reception: 01925 265 000



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Spire Children and Young
People's Service

Patient information

Paediatric pain management

This booklet contains general information and advice about pain management when your child goes home. The treatment described here may be adapted to meet your child's individual medical needs so it's important to follow the instructions of your child's consultant.

Please raise any concerns or questions with your child's consultant or nurse. It is natural to feel anxious before hospital treatment but knowing what to expect can help.

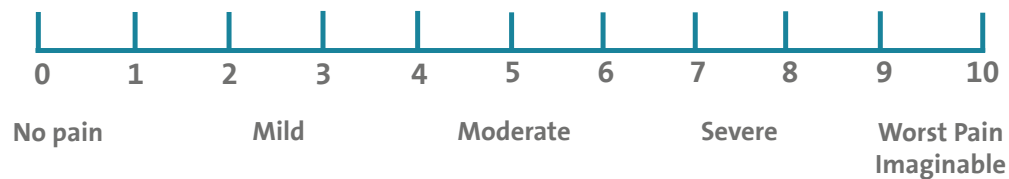
How can I tell if my child is in pain?

If your child is old enough they will be able to tell you if they are in pain. It can be difficult to judge in younger children but their behaviour will help you. It can be helpful to measure their pain or even ask them to measure it depending on their age.



Numerical pain scale

This can be useful in older children. Ask your child to rate their pain score from 0-10.



Types of pain relief for children

There are two main types of pain relief regularly used for children: paracetamol and ibuprofen. Please be cautious of other pain relief such as aspirin in children aged under 16 years old. Please only use additional pain relief if it is prescribed by a doctor.

Visual pain scale

This can be useful to assess pain in children aged 4+. Ask your child to point to a face that describes their pain.

Paracetamol

Also known as (brand names):

- Calpol Infant/Six Plus
- Disprol®
- Infadrops®
- Tixymol®
- Tixyplus®
- Medinol®

What is it?

Paracetamol is a mild pain killer which is commonly used in children and adults. It can be available under different names stated above.

Paracetamol can be given every 4-6 hours and works very well in combination with ibuprofen.

Ensure you do not exceed more than 4 doses in 24 hours.

Side effects

Very rarely a child may develop a rash or other reactions. If you notice a rash, stop giving the medication and notify your child's GP.

Paracetamol can be harmful to children and adults if too much is taken (overdose). Please make sure you stick to the prescribed amount or the dosage on the bottle.

Ibuprofen

Also known as (brand names):

- Nurofen®
- Junifen®
- Brufen®
- Cuprofen®
- Advil®

What is it?

Ibuprofen is an anti-inflammatory. This is regularly used in post-operative patients to reduce pain and swelling.

Ibuprofen can be given every 6-8 hours and works very well in combination with paracetamol.

Make sure you do not exceed more than 3 doses in 24 hours.

Side effects

The most common side effects of ibuprofen can be diarrhoea and tummy ache. Some children have a mild allergic reaction to ibuprofen developing an itchy rash, unexplained wheezing, worsening of any asthma or shortness of breath. If your child shows any signs of an allergic or other reaction to ibuprofen, stop giving the medicine and tell your child's GP.

Please be aware of conditions where ibuprofen should not be taken. For example; asthma and some heart conditions..