

Information for Patients

Pain Relief after an Operation

Controlling pain after your operation is important. As you start to move about and take deep breathes there is lower risk of problems. This means you can leave hospital sooner.

The leaflet gives you information about pain relief after your operation.

Pain is different for everyone. Some patients will need more painkillers, and some will need less.

Different Types of pain relief

Paracetamol

This is a simple and effective painkiller. Follow the instructions on the packet or as told. You must not take any other medicines that contain Paracetamol at the same time. This includes cold and flu medicines.

Codeine

This is a very strong painkiller. You must carry on taking Paracetamol as well as these. Follow the instructions on packet or as told.

Ibuprofen

Swelling may cause pain. Certain painkillers work by lowering the amount of swelling in your body. After your operation you can take Ibuprofen 3 times a day for the first 3 days. Then take as needed. Check the label of the ibuprofen and follow the instructions.

You should take Ibuprofen with food to stop indigestion. You can take Ibuprofen with Paracetamol, Codeine and Oramorph.

You should not have Ibuprofen if:

- You have had a stomach ulcer
- You have asthma
- You take aspirin
- You have problems with your kidneys

Ways of giving pain relief

Capsules, tablets or liquids:

You can have these for all types of pain. You take these by swallowing them. They take about 15 to 20 minutes to work. You should take them often.

Injections: May be given -

- 1) Into a vein in your hand or arm. This way is very quick acting.
- 2) Into your leg or bottom.

Suppositories: A small capsule placed in your bottom (rectum). They are useful if you cannot swallow or if you feel sick.

Patient Controlled Analgesia (PCA): Uses a pump that allows you to take control of your own pain relief. You can give yourself a small dose, by pressing the button on the handset.

Epidural: A small plastic tube is put into your back which will stay in for up to 3 days. Medicine goes through the tube to give you pain relief.

A spinal anaesthetic: Is a single injection. We use a thin needle to numb the area close to the nerves. The numbing effect lasts up to 4 hours. We may use a spinal anaesthetic instead of a general anaesthetic for some operations. Depending on the type of operation and your health this type of painkiller may be safer for you.

Local wound infiltration device: A small tube is put in your wound by the surgeon. We will attach this to a pump. This delivers pain relief into your wound for up to 3 days.

What if I am still in pain?

After your operation the nurse will talk to you about the pain you are in.

If your pain is not controlled or you have any other problems, talk to the nurse.

Side effects of painkillers

- Feeling or being sick

- Itching
- Not able to go for a poo
- Sleepiness
- Confusion

Tell your nurse if you have any side effects.

Acute Pain Nurses

The nurses are available Monday to Friday, 8.30am to 3.00pm. They will come to see you if you are having problems controlling your pain.

Leaving Hospital

The pharmacist or nurse will give you instructions about your medicine that you will take home. If you have any concerns after going home or your pain is not controlled, contact your GP for advice.

We do not supply any paracetamol or ibuprofen. We suggest buying these before your operation so that you have them ready at home.

Further information is available from; sath.pain.nurses@nhs.net.

Further information is available from:

Feedback

We appreciate and encourage feedback which can be shared in a number of ways through the hospital website. Scan the QR code to give feedback. www.sath.nhs.uk/patients-visitors/patient-experience/feedback-hub/



Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital, Tel: [0800 783 0057](tel:08007830057) or [01743 261691](tel:01743261691)

Princess Royal Hospital, Tel: [01952 282888](tel:01952282888)

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

111 (free from a landline or mobile) www.nhs.uk

Self Help & Support Groups

A selection of websites providing access to good quality health information, local organisations and community groups is available from the library. www.library.sath.nhs.uk/find/patients/

Information in Other Languages or Formats

If you require this information in a different way such as easy read, a different language, larger print, audio or braille please tell a member of staff or contact the Patient Experience Team;

sath.patientexperience@nhs.net or [01743 261000](tel:01743261000) ext. 2503.

Your information

Information about you and your healthcare is held by the NHS. You can find out more about how we hold your information and how it is used on our website: www.sath.nhs.uk

Website: www.sath.nhs.uk

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