

Understanding Post-operative Pain Management – Dr Sarah Watts

⚠️ Only take medication as directed by your doctor! ⚠️ Seek medical advice if any concerns ⚠️

There are several post-operative pain management options:

1. Plain Paracetamol



- Very effective in reducing overall analgesia requirements
- “the quiet achiever”
- Regular is best
- In post op script/ From supermarket/From pharmacy
- **2 X 500mg tablets every 6 hours**
- Generic brands are exactly the same
- **NO MORE THAN 8 TABLETS A DAY**
- *Care with Panadol Osteo – the dose and interval is different
 - (two 665mg tablets three times a day) - modified release

2. Anti-inflammatory Medication



- ONLY if able to take NSAIDS
- Good for pain relief as well as reducing inflammation
- In post op script/From supermarket/From pharmacy
- Take as directed on box
- Best to take WITH FOOD
- MUST stop taking if GI upset/heartburn/indigestion
- Seek medical advice if any problems
- **Ibuprofen 400mg (two tablets, three times a day)**
- Can take AS WELL AS PARACETAMOL

3. Ice Packs



- Very effective at pain relief
- **10- 15 minutes on/ as tolerated**

- Ice cubes from freezer in a freezer or snap lock bag, Wrap the ice pack in a moist towel
- Or use a pharmacy bought ice gel pack
- As regularly as required
- Can place over the top of bandages

4. Combination Medicines

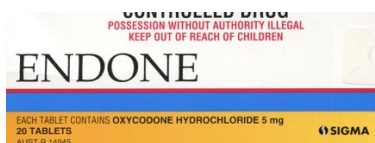


- Panadeine, Panadeine Forte, Nurofen plus
- Care NOT to exceed maximum daily dose of paracetamol
- **Do not take more than 4g (8x500mg) paracetamol in one day**
- Take Panadol OR Panadeine OR Panadeine Forte

5. Opioids – fast and short acting



"The hare"



- Endone, Codeine, Tramal
- Strong Post operative pain relief – acts fast, lasts four to six hours
- Prescription only
- Take ONLY AS NEEDED
- May take less if pain allows
- **ONLY TAKE EXACTLY AS DIRECTED ON THE BOX**
- DO NOT DRIVE, OPERATE MACHINERY, MAKE MAJOR DECISIONS

6. Opioids - slow and long acting



"The tortoise"



- Targin, Tramal SR, Oxycontin CR
- Strong Post operative pain relief – acts slow, lasts up to 12 hours
- For long and sustained pain relief
- Slow release – do not chew or crush
- Prescription only
- May take less if pain levels allow
- **ONLY TAKE EXACTLY AS DIRECTED ON THE BOX**
- DO NOT DRIVE, OPERATE MACHINERY, MAKE MAJOR DECISIONS

