Pain relief after day surgery

Information for you

We are keen that your recovery is as comfortable as possible. In order for this to happen you may need to take painkillers when you return home.

The aim of this information leaflet is to allow you to take your pain relief medicines effectively to help you in your recovery.

Please read this advice and refer to it regularly on your return home.
Pain relief after day surgery

After your operation you may experience some discomfort. You have been advised before your operation to keep a supply of simple pain relief medicine at home for example; paracetamol, ibuprofen. You may be given additional pain relief medicine on your discharge from the Day Surgery Unit.

It is very important that you take your pain relief medicine to aid you in your recovery, and reduce the risk of having ongoing pain after your surgery. If you consider that you have pain worse than mild pain, you should take pain relief.

It is very common to have been given local anaesthetic to numb an area and give you pain relief after your operation. This may be given by the surgeon during the operation, or by the anaesthetist as a nerve block. As the local anaesthetic wears off, you may find that your level of pain increases. It is important to take your pain relief regularly and before the local anaesthetic wears off completely.

If you require more pain relief after the medicine you have been given at discharge runs out, other than paracetamol or ibuprofen, please contact your GP or seek advice from your local Pharmacist (Chemist).
What is pain relief medicine?

Pain relief medicines (also known as analgesics) come in a variety of strengths and work in different ways. This is a list of commonly used drugs for adults when you are discharged from our Day Surgery Unit. You will be given one or several of these medicines to take home. It is important you follow the instructions you have been given.

If you have any allergies to medicines you should inform your healthcare professional as soon as possible.
Mild to moderate Pain Relief

Paracetamol (500mg tablets)

Paracetamol is an effective pain killer used for mild pain. It has minimal side effects. You should take paracetamol regularly as directed. You should also take paracetamol regularly along with stronger pain killers as it will help control pain more effectively.

A maximum of two 500mg tablets can be taken at any one time at intervals of 4-6 hours.

You must not exceed more than 8 tablets (4g) in any 24 hour period.

Do not take any other paracetamol-containing products at the same time, as this may result in you receiving more than the maximum daily allowance of paracetamol. (This can include over the counter cold/flu remedies, co-codamol and co-dyramol tablets).

Your next dose can be taken at ____________________
Diclofenac (50mg tablets)

Diclofenac is a pain killer with anti-inflammatory effects. It is very effective for muscular and bony pain after surgery.

It is important to take it after food as it may cause stomach discomfort, nausea and diarrhoea.

You should not take this medicine if you are allergic to aspirin, have a stomach ulcer or are pregnant. If your asthma symptoms worsen, or if you feel wheezy or breathless after taking this medicine, please stop taking it and consult your GP.

You should take one tablet (50mg) at 6-8 hourly intervals, preferably after food. Take a maximum of 3 tablets in a 24 hour period.

Do not use ibuprofen if you have been given diclofenac to take on discharge.

Your next dose can be taken at _________________
Strong Pain relief

These medicines are taken in addition to paracetamol (and diclofenac if you have been prescribed it).

• Taking paracetamol regularly with these medicines can help control pain more effectively.

• Be aware that these medicines listed below can cause drowsiness, nausea and constipation.

• Do not drive whilst taking these medicines.

• Do not take alcohol while taking these medicines.

• Be aware that these medicines listed below can cause drowsiness, nausea and constipation. If you experience constipation, you should consider purchasing senna tablets. These are widely available from pharmacies and supermarkets.

Dihydrocodeine (30mg tablets)

This pain relief medicine is good for moderate to severe pain.

You can take one or two tablets at intervals of four to six hours. The maximum recommended dose is two x 30mg tablets (60mg).

Your next dose can be taken at __________________
Co-codamol (30/500mg tablets)

This medicine is a combination of both paracetamol 500mg and codeine 30mg, and is a strong pain killer, often used as an alternative to dihydrocodeine.

You can take one or two tablets at intervals of four to six hours. The maximum recommended dose is eight tablets in 24 hours.

Please note this is a combination medicine that contains paracetamol. You must not take any additional paracetamol whilst taking this medicine.

Your next dose can be taken at __________________

Tramadol (50mg capsules)

This pain relief medicine is good for moderate to severe pain. It works slightly differently to dihydrocodeine. It has similar side effects to dihydrocodeine, but may also make you feel dizzy and lightheaded.

Do not take this medicine if you have epilepsy or a history of fitting.

You should take one or two x 50mg capsules at intervals of four to six hours.

Do not exceed 8 capsules (400mg) in any 24 hour period.

Your next dose can be taken at __________________
Oxycodone

This is a very strong pain killer that may be prescribed for you if you have had a procedure that can be very sore.

You may be prescribed a short acting pain killer called Shortec. You can use this if you have moderate to severe pain that has not been helped by the other pain killing medicine you have been given from the hospital after your operation, including regular paracetamol, (and diclofenac or ibuprofen if indicated), and dihydrocodeine. Alternatively you may have been given a long acting version of oxycodone called Longtec which works in the background to help control your pain over a longer period of time.

**Shortec (5mg capsule)** is taken as and when you need it for moderate to severe pain in addition to the other pain killers you have been prescribed. You can take one capsule as needed, up to one capsule every hour if you require.

**Longtec (10mg tablet)** is taken twice a day at a twelve hour interval.

Your next dose of ________________ can be taken at ________________
Anti-sickness medicine

You may also be given some anti-sickness medicine to take home with you in addition to your pain relief if you have felt nauseated or sick after your operation, or have been advised to take this to prevent nausea and sickness happening.

Prochlorperazine (Stemetil) 5mg tablets

You can take this medicine 8 hourly. If you experience any side effects such as dizziness, or any abnormal movements such as jerking arms or head, please stop taking this medicine. If symptoms persists, please seek further medical advice.

Contact Details

If you have any problems after you go home relating to your surgery please contact the Day Surgery Unit, University Hosptial Ayr for advice.

Telephone 01292614468 between the hours of 08.30 and 20.30 Monday to Friday.

If you experience any problems when your GP practice is closed, please contact NHS 24 on 111.

If you require urgent help please contact NHS 24 on 111 or go to your nearest Emergency Department.
Day Surgery at University Hospital Ayr

Can you help us please? It’s safe and anonymous to tell us about your experience.

We would like to know about your experience of the three days after your operation/procedure. To complete a short questionnaire, please use this link:

http://bit.do/DSUfeedback

Or you can scan this black and white box to go straight to the questionnaire
Thank you, this will help us to make the service better
All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

Wszystkie nasze publikacje są dostępne w różnych językach, dużym drukiem, brajłem (tylko w wersji angielskiej), na taśmie dźwiękowej lub w innym formacie Twojego wyboru.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

Tha gach sgriobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claiстinn no riodh eile a tha sibh airson a thaghadh.

If you would like to comment on any issues raised by this document, please complete this form and return it to: Communications Department, 28 Lister Street, University Hospital Crosshouse, Crosshouse KA2 0BB. You can also email us at: comms@aaaht.scot.nhs.uk. If you provide your contact details, we will acknowledge your comments and pass them to the appropriate departments for a response.

Tell us what you think...

Name ______________________________________________________
Address ____________________________________________________
________________________________________________________________
Comment ____________________________________________________
________________________________________________________________

Last reviewed: April 2017
Leaflet reference: MIS17-018-GD
PIL code: PIL17-0237