Pain relief at home



after surgery- key points

Having some pain after surgery is normal.

You should be able to get out of bed and move carefully around the house.

Your pain should get slightly less each day following surgery.

## Paracetamol

This works best if it is taken regularly. So please take it regularly for several days after your operation at the dose your doctor has told you.

This should be the last pain-relieving medicine you stop taking. Side effects are uncommon.

## Anti-inflammatories (e.g. ibuprofen, naproxen, diclofenac)

These can be taken at the same time as paracetamol. Again, these work better if taken regularly.

Please take with food. Please stop taking them if your tummy becomes irritated.

You should stop taking these after you finish taking any stronger pain-relieving medications but before you stop taking paracetamol.

Some people cannot take these medications (people with stomach or kidney problems, or some people with asthma).

## Opioids (e.g. codeine, dihydrocodeine, tramadol)

These should be taken only as and when required.

You should stop taking these as soon as you are able, but not later than 7 days after your operation as they are potentially addictive.

They cause constipation in the majority of patients, so you are likely to need some laxatives while taking them.

They can make people feel sleepy so please avoid alcohol and do not drive if you think you are unsafe to do so.

If you have been given any stronger opioid medicines, you should have also been given specific instructions for these.

## General information

Please keep all medicines out of the reach of children and dispose of them safely after use at a pharmacy.

If you are concerned that your pain is worsening, please contact your GP, NHS 111 or the hospital at the number provided to you at discharge.

Some people have had pain killers prescribed before the operation. You should be given specific advice regarding these as this will depend on your individual circumstances.