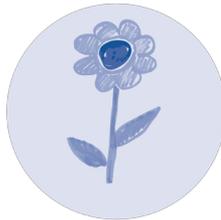




Pain control

for children after ear-nose-throat (ENT)
surgery



Good pain relief is essential!

To ensure best possible pain control for your child it is important to give pain relief medicines regularly for the first 2-5 days (you should wake your child during the first night to give one dose). This will help your child to sleep and eat better, which is beneficial for their recovery after surgery.

The food your child eats should be soft and chilled; this is soothing for the throat, as well as easier for your child to eat. Encourage your child to drink chilled liquids frequently, as this will keep the throat clean, prevent infections and reduce risk of bleeding.



Experience of pain after surgery

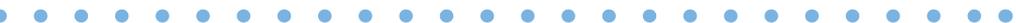
It is normal that the pain “radiates” towards the ears. The pain may come and go throughout the day.



For how long should I give my child pain medicines?

How long your child needs to take pain medicines will depend on the type of surgery they have been through. After a complete tonsil removal (tonsillectomy), it is common to require pain medicines for approximately 5 days, sometimes longer. After a part removal (tonsillotomy) only 2 days may be sufficient, or until the crusts fall off.

Once your child feels better and experiences less pain, it is advisable to take pain medicines only when required instead of at regular times. Make sure not to exceed the daily maximum dose.



Start by removing the dose when your child normally experiences the least pain, and continue like this until pain relief medicine is no longer required.



Pain reducing medicines

Your child should take a combination of paracetamol and ibuprofen (or diclofenac if your child is more than 6 years old) to reduce pain.

It is not important whether you give the medicines as tablets/ melting tablets, liquid or suppositories; choose the type that your child is most comfortable taking. It is recommended to give suppositories (for the smallest children) the first couple of days in order to make sure the child gets enough medicine. As soon as your child is able to swallow the medicine, you can start giving the dosage orally, e.g. tablets or liquid, as these provide a better uptake in the body.



Advice on how to give medicine to your child

You can find further information about how to give medicines to your child by visiting the following website:
www.legemidlertilbarn.no under “barn og foreldre” and “lege-middelinformasjon”.



Your child weighs _____ kg and should take doses of paracetamol and ibuprofen OR diclofenac as follows:

Paracetamol (Pamol®, Panodil®, Paracet®, Pinex®):

- Paracetamol liquid 24mg/ml: ____ml (Paracet/Pinex)
- Paracetamol liquid 250mg/5ml: ____ml (prescription medicine only)
- Paracet suppository/tablet/melting tablet: ____mg

Give one dose 4 times daily, approx. every 6 hours.

Ibuprofen (Ibux®, Nurofen®):

- Nurofen Junior suppositories: ____mg
- Nurofen liquid 40mg/ml: ____ml
- Nurofen chewable capsules (100 mg strength) : ____ mg

Give one dose 4 times daily, approx. every 6 hours.

Diklofenak (Voltarol®, Voltaren®, Diclofenac®):

- Capsules/tablets: ____mg
- Suppositories: ____mg

Give one dose 3 times daily, approx. every 8 hours.

When to contact health professionals:

- If your child bleeds in the mouth → call 113
- If your child has a fever that continues beyond the first 24 hours after surgery. Please contact:
 - ENT department, tel: 52 73 24 60, or
 - Accident and Emergency (“Legevakten”), tel: 116 117

This leaflet is produced/written by the hospital pharmacy in Haugesund (Sjukehusapoteket) and the ENT department at the Hospital in Haugesund (Haugesund sykehus, Helse Fonna), January 2018.