

Pain management plan after tonsil surgery

What medication should be used and when?

Your child will need to take medication regularly to help the pain for at least a week to ten days, and then as needed for **up to two weeks**. Remember to give medication before the pain gets worse.

Most children can have **paracetamol**. This can be given up to four times a day with at least four hours between doses. **Do not give paracetamol more than four times in 24 hours.**

Be aware that paracetamol can have a different name e.g. Panadol and can be in other medications.

Your treating team will discuss with you if your child needs any other **medications**.

Do not give any medication that has codeine in it or has not been prescribed by your surgeon or other medical practitioner.



Use the pain management chart to track and help you remember when to give your child medication.

Important tips to help give your child's medication safely

- Know your child's recent weight as your child's medication dose is based on this.
- Carefully check medication package instructions and check with your treating team if you are not sure.
- Try different ways of giving the medication, e.g. medicine cup, dosage spoon or syringe. If using a syringe slowly squirt the medication on the inside of the cheek so your child has time to swallow.
- Give your child a drink immediately after giving medication to help take away the taste.

IF YOU ARE VERY WORRIED

Take your child to Ballarat Health Services Emergency Department, or the closest, Hospital Emergency Department.

SIGNS OF PAIN AND DECIDING WHAT TO DO

How much pain your child is in can vary over the cycle of recovery and all children will have different pain thresholds. Alternating between different medications regularly can help to improve your child's pain relief.

MILD PAIN	MODERATE PAIN	SEVERE PAIN
<p>Your child is:</p> <ul style="list-style-type: none"> • comfortable when resting • complaining of mild pain with swallowing • easy to distract/comfort • playing and doing most quiet activities • not having difficulty sleeping due to pain. <p>Give paracetamol regularly.</p>	<p>Your child is:</p> <ul style="list-style-type: none"> • reluctant to eat and drink • often uncomfortable or restless, playing less and doing less • more clingy and difficult to distract/comfort • having difficulty sleeping. <p>Give paracetamol regularly. 4-6 hrly</p> <p>Alternate paracetamol with other pain medication as prescribed (and as directed by your doctor).</p> <p>Use distraction techniques.</p>	<p>Your child is:</p> <ul style="list-style-type: none"> • refusing to swallow, drooling or spitting • complaining of pain or is distressed most of the time • not interested in normal activities, difficult to distract/comfort • having difficulty sleeping or waking up in pain. <p>Give regular paracetamol and other medication for pain and consider giving medication for stronger pain relief (as directed by your doctor).</p>

Your child's name

Your child's weight

kg

WEEK 1		Day 1 Date	Day 2 Date	Day 3 Date	Day 4 Date	Day 5 Date	Day 6 Date	Day 7 Date	
Paracetamol 4-6 hourly (Maximum 4 doses a day)	Last given at:	Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	
	Last given at:	Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	
Stronger pain Medication in between the paracetamol	Last given at:	Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	

WEEK 1		Day 8 Date	Day 9 Date	Day 10 Date	Day 11 Date	Day 12 Date	Day 13 Date	Day 14 Date	
Paracetamol 4-6 hourly (Maximum 4 doses a day)	Last given at:	Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	
	Last given at:	Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	
Stronger pain Medication in between the paracetamol	Last given at:	Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	
		Time		Time		Time		Time	

Only take pain medication as prescribed by your surgeon and take strictly as directed
 Paracetamol can be used in addition to the prescription medication: Panadol, Panamax, Panadeine Soluble (Gargle and swallow)
 Diffiam Fort Spray may help – Spray to the back of the throat 15 minutes before meals