

As with most medication, there are side effects

- With the exception of Paracetamol and NSAIDs, it is advisable not to use any heavy machinery while on pain medications as they can cause drowsiness.
- Caution with driving as can cause drowsiness.
- If you note any side effects, please contact your GP or local pharmacist.
- **Please note:** that nausea, constipation and itching are very common side effects and can be treated.
- **Please note:** while taking opioid pain medication and / or gabapentoids (Gabapentin / Pregabalin), drinking alcohol may cause drowsiness.

These are short-term use analgesics. Please ensure you come off your medication with advice from your GP and / or consultant.

Last dose given in hospital:

_____ (dosage)

_____ (medication)

Given at _____ (time)

on _____ (date)

Further information

If you have any queries or concerns regarding these medications, please contact: your GP or local pharmacist.

If you have been discharged from hospital in the last 24 hours and are unsure about your medications, contact the ward you were discharged from for further advice.

Ward name/number: _____

To find out more about our Trust visit
www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Pain Management Unit / Orthopaedics,
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NHS

Royal Berkshire
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Pain relief (analgesia) on leaving hospital after orthopaedic surgery

Information for
patients, relatives
and carers

You have been started on pain relieving medication after your orthopaedic surgery.

Your ward nurse will highlight which medication you are on.

Always follow the dosage instructions – short-term use of analgesia is generally beneficial for post-op pain and safe when used appropriately.

Paracetamol

- Is a simple painkiller.
- Helps your body to be less aware of your pain.
- If you weigh above 50kg (7.8 stone) you can take 1g (two 500mg tablets) four times a day.
- Side effects are very rare; a rash can sometimes develop.
- If you have had problems with paracetamol in the past, please inform your nurse.

Non-steroidal anti-inflammatories (NSAIDs) (Ibuprofen, Naproxen, Diclofenac). **Not given to patients who have had joint replacement surgery.**

- Is a mild painkiller.
- Helps to block the pain and swelling (inflammation) caused by your surgery.

- Only take this medication if your orthopaedic consultant has agreed it.
- **Ibuprofen:** normally take 200-400mg three times daily – maximum.
- **Naproxen:** normally take 250mg up to four times daily or 500mg twice daily.
- **Diclofenac:** normally take 50mg three times daily.

Do not take NSAIDs if you have had a gastric ulcer, gastric irritation, asthma or renal failure or have had problems with any anti-inflammatory medication in the past. Let your nurse or doctor know.

Codeine

- Is a mild painkiller.
- Is an opioid analgesic.
- Your body converts the codeine into morphine, which can block or disrupt the pain signals.
- Normally take 30-60mg four times a day.
- If you have suffered side effects from codeine, please inform your nurse. Constipation and sickness/ vomiting are easily treated.

Tramadol

- Is a mild painkiller.
- Is known as an opioid analgesic although is slightly different from normal opioids.
- Helps your body by interacting with opioid receptors that block or disrupt pain signals.
- Normally take 50-100mg four times daily.

- Do not take Tramadol If you have suffered from epilepsy or have noticed side effects in the past. Please inform your nurse or doctor.
- If you are on blood thinners (Warfarin) or SSRI anti-depressant (such as Citalopram, Fluoxetine, Paroxetine or Sertraline) please inform your nurse or doctor.

Gabapentin

- Used for neuropathic pain for patients on an enhanced recovery programme.
- It changes the way the nerves send messages to the spine, which helps reduce the amount of pain felt.
- It also has an opiate sparing element that can reduce the amount of opiate needed.
- Prescriptions are individual to each person. **Please take _____mg _____ times a day.**

Pregabalin

- Used for neuropathic pain for patients on an enhanced recovery programme.
- It changes the way the nerves send messages to the spine, which helps reduce the pain.
- It also has an opiate sparing element that can reduce the amount of opiate needed.
- Prescriptions are individual to each person. **Please take _____mg _____ times a day.**