

NHS
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Managing your pain after an operation

Adult Day Surgery Unit

You should have been given an aftercare leaflet specific to the operation you have had. This leaflet provides you with information about treating your pain after your operation on the Adult Day Surgery Unit (ADSU).

We recommended you to take simple painkillers such as paracetamol and ibuprofen after your operation; if you require stronger painkillers you will have been supplied with some, such as codeine phosphate, before you left the unit to go home.

It is important to follow the recommended dosing instructions of all medicines. This section records when you took your last doses on the ADSU, and when it is safe for you to take your next dose/s:

You last took **paracetamol** at: _____

You can next take **paracetamol** at: _____

You last took **ibuprofen** at: _____

You can next take **ibuprofen** at: _____

Other medication: _____

Recommended doses:

Pain relief medication	Individual dose	How often?	Maximum allowed in 24 hours
Paracetamol	1g (2 x 500mg tablets)	Every 4-6 hours	4g (8 tablets)
Ibuprofen	400mg (2 x 200mg tablets)	Every 8 hours	1.2g (6 tablets)
Paracetamol and ibuprofen can be taken together.			
Codeine phosphate	30-60mg (1-2 tablets)	Every 4-6 hours	240mg (8 tablets)

We recommend that you read the patient information leaflet inside each medication box.

Only take painkillers that have been prescribed for ***you***.

If these painkillers do not control your pain adequately we recommend you go to see your GP for a review and further treatment.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor. Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP or call NHS 111.

Reference

British National Formulary (2014) The Royal Pharmaceutical society. London: Pharmaceutical Press

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

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

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Next review due: November 2028