

## Pain relief after planned surgery

### Why haven't I been given tablets for pain relief?

After an operation, you will probably need to take painkillers for a few days. Often simple painkillers such as Paracetamol or Ibuprofen are sufficient, and these can be easily bought from any pharmacy or supermarket.

At the Pre-Operative Assessment Clinic, you were asked to ensure that you have a supply of your usual painkillers at home before coming in for your operation. This is because simple painkillers will not be dispensed by the hospital pharmacy on discharge. This reduces the workload for pharmacy and ward staff, and helps to speed up the discharge process.

The hospital pharmacy will continue to supply any other medication required on discharge (including strong, prescription-only painkillers).

Your surgeon has recommended the following painkillers to take after your operation:

- Paracetamol
- Ibuprofen
- Co-codamol 8/500

Please follow the instructions given on the pack for how to take these tablets.

If you do not have any painkillers at home and will have difficulty getting to a pharmacy, please tell your staff nurse, so they can arrange for the hospital pharmacy to supply medication for you.

For more information about the Trust, visit our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Pharmacy Dept, March 2016  
Review due: March 2018