

# 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, 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.**



Use the pain management chart on the back page to 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 \_\_\_\_\_

Call \_\_\_\_\_

## SIGNS OF PAIN AND DECIDING WHAT TO DO

How much pain your child is in can vary. Alternating between different medications regularly can help to improve your child's pain. If your child's pain does not improve after having regular medications, please call \_\_\_\_\_

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

Your child's name

Your child's weight

kg Nurse's name

Nurse's signature

WEEK 1	Leaving hospital	Day 1 Date	Day 2 Date	Day 3 Date	Day 4 Date	Day 5 Date	Day 6 Date	Day 7 Date
<b>Paracetamol 4-6 hourly (Maximum 4 doses a day)</b>	Last given at:	Time	Time	Time	Time	Time	Time	Time
		Time	Time	Time	Time	Time	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	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	Time	Time	Time	Time	Time
		Time	Time	Time	Time	Time	Time	Time

WEEK 2	Day 8 Date	Day 9 Date	Day 10 Date	Day 11 Date	Day 12 Date	Day 13 Date	Day 14 Date
<b>Paracetamol if needed (Maximum 4 doses a day)</b>	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time
	Time	Time	Time	Time	Time	Time	Time

This fact sheet has been adapted with permission from Safer Care Victoria.

For more information about tonsillectomy, go to [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

