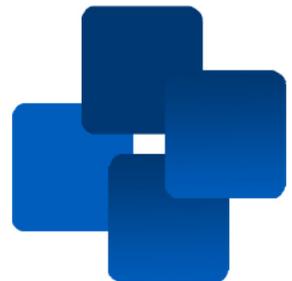


Patient Information

Controlling Your Pain After Surgery

Paracetamol and Ibuprofen

Pharmacy Department



The purpose of this leaflet is to help you to control any pain you might have during your recovery at home. Please read it carefully.

How to take your medicines

In the first few days after the surgery, take your medicines regularly, even if you are not in pain. All painkillers work best if taken early so that they stop you feeling pain rather than treating pain once you can already feel it.

You may need to take painkillers before doing some physical activity, like walking. You should take the painkillers about one hour before you start the activity.

You have been advised to take two painkillers when you go home:

- ⇒ **Paracetamol 500mg tablets (or capsules/caplets)**
- ⇒ **Ibuprofen 200mg tablets**

After going home, when can I take my next painkillers?

Your nurse will tell you when to take your first painkillers after you get home - see below:

Paracetamol	
Date	
Time	

Ibuprofen	
Date	
Time	

(Nurse to complete tables above)

Information about the painkillers

Paracetamol 500mg tablets

Paracetamol is a commonly used medicine (painkiller) for treating mild or moderate pain. You can take two tablets every four hours, but **do not take more than eight tablets in 24 hours**.

Never take other medicines containing paracetamol at the same time as the paracetamol tablets you have been advised to take. This includes medicines that you can buy from the supermarket or pharmacy. If you are unsure, please check the information leaflet inside the package, or ask your pharmacist.

Ibuprofen 200mg tablets

Ibuprofen is a strong anti-inflammatory painkiller. You can take 2 x 200mg tablets (or 1 x 400mg tablet) every four hours, but do not take more than 8 x 200mg tablets (or 4 x 400mg tablets) in 24 hours. It is important that you take ibuprofen with or after food or a milky drink.

Never take other medicines containing ibuprofen (or any other anti-inflammatory arthritis/pain medicines) at the same time as the ibuprofen tablets you have been advised to take. This includes medicines that you can buy from the supermarket or pharmacy. If you are unsure, please check the information leaflet inside the package, or ask your pharmacist.

Ibuprofen may occasionally cause indigestion or stomach pain. If this happens, stop taking ibuprofen and take other painkillers instead - ask your pharmacist for advice.

The best way to take these medicines is as follows:

Breakfast	2 x 500mg paracetamol plus 2 x 200mg Ibuprofen
Lunch	2 x 500mg paracetamol plus 2 x 200mg Ibuprofen
Dinner	2 x 500mg paracetamol plus 2 x 200mg Ibuprofen
Bedtime	2 x 500mg paracetamol plus 2 x 200mg Ibuprofen

Take your painkillers regularly for ____ days and as you recover from surgery, and do not feel any pain, you can slowly reduce the number of tablets that you are taking.

Please refer to page 6 - '**How to stop taking your medicines**'.

Keep a Record

You can use this chart to record the painkillers that you take. This will also make sure that you do not take too many tablets. Tick the box when you take each drug or mark in how many tablets you have taken - **Day 0** is the day of surgery.

Day	Painkiller	Breakfast	Lunch	Dinner	Bedtime
Day 0	Paracetamol				
	Ibuprofen				
Day 1	Paracetamol				
	Ibuprofen				
Day 2	Paracetamol				
	Ibuprofen				
Day 3	Paracetamol				
	Ibuprofen				
Day 4	Paracetamol				
	Ibuprofen				
Day 5	Paracetamol				
	Ibuprofen				
Day 6	Paracetamol				
	Ibuprofen				

What should I do if I miss a dose?

If you are in pain, take a dose as soon as you remember. If it is nearly time for your next dose, wait until then and do not take the missed dose. Never take two doses of the same painkiller together. Take the remaining doses at the correct time.

Drinking alcohol

You may drink alcohol when taking paracetamol and ibuprofen.

How to stop taking your medicines

If you were taking painkillers regularly before surgery, you may need to carry on taking the same amount of painkillers after the surgery. Please speak to the doctor or nurse, or ask your pharmacist.

Take your painkillers regularly. As you recover from surgery and do not feel any pain, you can slowly reduce the number of tablets that you are taking.

It is always best to take paracetamol regularly until you no longer need painkillers. If you are not feeling much pain, reduce the painkillers in the following order:

1. Ibuprofen - once you no longer need to take regular painkillers, try missing doses of ibuprofen during the day. If you get more pain take the ibuprofen as a 'top up', but continue to take paracetamol regularly.
2. Paracetamol - only stop taking this regularly once you are not taking any other painkillers.

Record the doses you do take on the chart so that you can monitor your progress and know when you can have 'top up' painkillers if you need to.

Where can I get painkillers from?

Paracetamol and ibuprofen can be bought at pharmacies and supermarkets. You may need to see your GP if you need to take painkillers for a long time after surgery.

Please use this space to write down your notes:

