

# PAIN RELIEF AFTER YOUR OPERATION



- It is normal to feel some pain or discomfort after your operation. We hope to get on top of your pain relief to keep you comfortable and allow you to move around.
- You will be given **paracetamol** and **ibuprofen** four times a day after your operation.
- It will be helpful to have a supply at home ready for you. You can buy these at any pharmacy or supermarket. You may need to continue taking pain killers for around 7-10 days.



- A spinal or epidural procedure for your operation should offer good initial pain relief, even after the feeling of your legs return.
- **Diclofenac** suppository is often given at the end of your operation. It is similar to ibuprofen and is an excellent pain killer.
- **Paracetamol** 1g is given 4 to 6 hourly, maximum of 4 doses a day.
- **Ibuprofen** 400 mg is given every 6 hours, best taken with food. Some people may be advised to avoid this drug, in which case we will give you an alternative called dihydrocodeine.



- Stronger painkillers can be given on request:
  - **Dihydrocodeine** up to four times a day
  - **Oral morphine**, maximum every 3 hours.
- Please ask for a laxative if you are prone to constipation, and are needing these stronger pain killers.
- You can be prescribed dihydrocodeine to take home after discharge.



- These medications are safe in breastfeeding. Small amounts may pass into breast milk, but are unlikely to harm your baby in the recommended doses.
- For further information, see [www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

If you have any questions please ask your midwife to contact one of the duty obstetricians or anaesthetists.