

Post-tonsillectomy Pain Management Home Diary

Head and Neck – ENT

Why have I been given this leaflet?

You have been provided this document to help manage the anticipated pain following your child's recent tonsil surgery.

You will have been made aware that tonsil surgery can be very painful; this is normal, but it is important your child continues to eat and drink throughout this time period and that the pain is managed as best as possible.

This diary helps to assess the level of pain your child is in and how to best manage this with regular well timed pain medications that have been provided to you at discharge.

Please use the assessment tool to work out how much pain your child is experiencing and which pain medicines are to be given. You can then record the timings of medicines given to help space the medicines out and ensure your child receives the correct amount.

Pain Assessment: Children <4yrs

- Observe your child for 1-5 minutes
- Score for each category
- Total score from the table out of 10

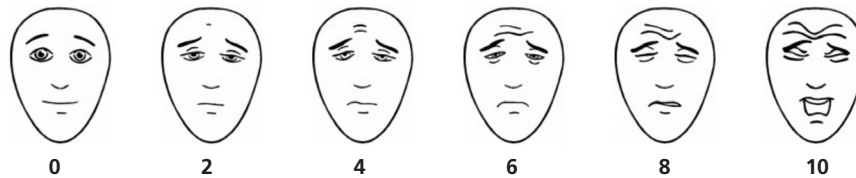
FLACC Scale	0	1	2
Face	No particular expression	Occasional grimace / disinterested	Frequent grimace or frown / clenched jaw
Legs	Normal position / relaxed	Uneasy / restless / tense	Kicking / legs drawn up
Activity	Lying quietly / Moves easily	Squirming / shifting back & forth / tense	Arched / rigid / jerking
Cry	No cry	Moans / whimpers / odd complaint	Crying steadily / screams / sobs
Consolability	Content	Reassured by affection / distractable	Difficult to console

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Pain Assessment: Children 4yrs – 12yrs

Ask your child to point to a face that matches the pain.



Pain Assessment: Children >12yrs

- Ask your child to score their pain from 0 (no pain) – 10 (worst pain)

Non-medicine Pain Management

- Encourage your child to drink plenty of fluids to moisten the throat
- Chewing gum and snacks can be helpful to stimulate saliva and exercise the muscles
- Fun activities [games, craft, reading, films] can help remove the focus of pain

Medicine Pain Management

- You will be given a combination of pain medicines. These must be given regularly. This will help them to continue to eat and drink.
- They each work differently, and can be given together safely
- They may take up to 60 minutes before they work effectively
- It is important to give only the medicines prescribed at the doses stated
- Do not give your child the Oramorph if they are drowsy or very sleepy

Stopping Pain Medicines

- As your child begins to recover and their pain improves you should reduce the medicine you give them. This is usually from Day 5-7 after the their tonsil surgery
 - You should be guided by your child's pain scores and their return to normal activity
1. Stop the Oramorph first
 2. Then start to reduce the Ibuprofen to twice daily and then once daily and stop or only use when required. (Regular Ibuprofen should be stopped by day 10 to reduce any side effects and is best taken with food or milk)
 3. Finally, reduce and then stop the regular Paracetamol

Post-tonsillectomy Pain Management Home Diary

Mild Pain (1-3)	Moderate Pain (4-6)	Severe Pain (7-10)
Use paracetamol or ibuprofen according to time	If in moderate pain after 60 minutes Give Oramorph	If in severe pain after 2 doses of Oramorph Contact the hospital

Tick box once pain relief has been given

Week 1		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Paracetamol	6am							
4-6 hourly (max 4x daily)	12pm							
	5pm							
	10pm							
Ibuprofen	8am							
6-8 hourly (max 3x daily)	2pm							
	8pm							
Oramorph	Time..							
4-6 hourly (max 4x daily)	Time..							
	Time..							
	Time..							

Tick box once pain relief has been given

Week 2		Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Paracetamol	Time..							
Decrease when not requiring ibuprofen regularly.	Time..							
	Time..							
	Time..							
	Time..							
Ibuprofen	Time..							
Decrease when not requiring Oramorph regularly.	Time..							
	Time..							
	Time..							
Oramorph	Time..							
If not requiring, decrease other pain relief.	Time..							
	Time..							
	Time..							

Who can I contact if I am worried, or need further advice?

Monday to Friday:

Paediatric Surgical Unit (A23)

01902 481730

7:30am – 6:00pm

Out of Hours:

Paediatric Assessment Unit (A21)

01902 695047

Monday to Friday, 6:00pm – 7:30am

Saturday to Sunday, Anytime

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。