

Pain relief for your child after ENT Surgery



Following surgery, your child will often (but not always) require pain relief.

After tonsillectomy or adenoidectomy, it is best to give regular doses of pain relief when your child is awake for the first 1-2 days. They may be sore for up to a week.

We recommend giving paracetamol (*Panadol*) and/or ibuprofen (*Nurofen*) syrup while your child is awake. You can alternate one medication with the other



For example:

6am paracetamol
9am ibuprofen
1pm paracetamol
4pm ibuprofen.
7pm paracetamol
9pm ibuprofen

(you do not have to follow these times, it is just shown as example)

Paracetamol (*Panadol*, *Dymadon* etc)

Paracetamol syrup is a safe and effective medication, and the dose guidelines given by the manufacturer should be followed.

Up to 4 doses can be given over 24 hours

Ibuprofen (*Nurofen*, *Advil*)

Ibuprofen syrup is an over the counter medication - again, follow the manufacturer's dose guidelines.

Up to 4 doses can be given over 24 hours

NOTE: contrary to opinion in the past, Ibuprofen is now considered safe for children following surgery.

NOTE: Codeine (e.g. "Painstop") is no longer recommended for children following surgery.