

Pain relief following your Surgery



Pain relief after surgery varies from person to person and also depends on your procedure. For the most part, **you only need to take pain relief if you feel you need to.**

If you have STRONG Pain

For most surgery you will be prescribed an “opioid” based pain relief (so named because these medications are based on the opium poppy). Examples of such medications are:

- Codeine (“Panadeine” or “Panadeine Forte”)
- Tramadol (“Tramal”)
- Oxycodone (“Endone”, “OxyNorm”, “OxyContin”)

Many of these also contain paracetamol (“Panadol”, “Panamax”).

These medications are strong pain relievers and work very well to take away the pain of surgery. You can only get these on prescription. They do have side effects such as drowsiness, occasional nausea, and constipation. They are however very effective and safe when used for short periods of time in the doses prescribed.

You should take these type of medications only every 4-6 hours while your pain is strong.

If you have MODERATE Pain

You may also be prescribed an “anti-inflammatory” medication, or you can buy these medications from the chemist or supermarket. Examples of these are:

- Diclofenac (“Voltaren”)
- Naproxen (“Naprosyn”)
- Ibuprofen (“Brufen”, “Nurofen”)
- Meloxicam (“Mobic”)
- Celecoxib (“Celebrex”)

These do not have the side effects of the medications above, but, are not quite as strong at relieving pain. They can also be **USED TOGETHER** with the above medications safely to help relieve strong pain.

If you have MILD pain

You may also take Panadol or Panamax instead of these medications.

Kind regards

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