

Dealing with Pain

Most all children will have some level of discomfort following surgery or a fracture. The amount of pain that your child will experience is dependent on many factors such as:

1. The type & severity of the fracture or the kind of surgery performed,
2. The amount of swelling that is present now and the amount of swelling that develops over the next 48 hours,
3. The type of cast or splint applied, and
4. Your child's "perception" of pain.

We have found that most children are more comfortable if pain medication is given on a consistent schedule for the first 2-3 days following their surgical procedure or injury. Therefore, we recommend that you alternate some form of Ibuprofen (such as Advil or Motrin) with the narcotic Lortab (acetaminophen with hydrocodone) for better pain control. It is important to realize that **not all pain can be relieved** with any combination of drugs.

Ibuprofen can be given every 6-8 hours. Lortab can be given every 4-6 hours.

We suggest that you give:

- Lortab at **12MN-6AM-12NOON-6PM**
- Ibuprofen at **3AM-9AM-3PM-9PM**

Lortab can be given along with Ibuprofen or 1 hour after the Ibuprofen is given if needed for more severe pain- as long as there has been at least 4 hours between the Lortab doses. Do not give Tylenol or products with Acetaminophen to your child while they are taking the Lortab. After 2-3 days this schedule of medicines can be reduced if your child is improving. Remember that pain may seem to be more severe at night for 1-2 weeks and may require medication in the early evening to help the child sleep.

Possible side effects:

Lortab

Dizziness
Nausea/vomiting
Drowsiness
Changes in mood

Ibuprofen

Blurred vision
Skin rash
Severe abdominal pain/Vomiting
Blood in stools

If you have any questions or concerns about your child's pain or discomfort, please do not hesitate to call.



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