

# Pain relief

## Inpatient Pain Team Patient Information Leaflet

### Introduction

At The Dudley Group we aim to give patients good pain relief and make them as comfortable as possible after surgery, injury and throughout their stay in hospital.

Good pain relief helps you:

- Feel better
- Move freely
- Recover quicker

### What is the role of the inpatient pain team?

The team is made up of doctors and nurses with a specific role in managing pain. They will prescribe various types of pain relief specifically for you, based on your individual circumstances and the type of surgery you are having. This may include a pain relief device or pain medication that you take by mouth.

## **What types of pain relief are there?**

Pain medication can be given in various forms depending on your condition and the type of surgery you have had. They include:

### **Medication by mouth**

This will either be in the form of tablets, liquid or dissolvable preparations, given regularly or when you need them.

### **Intramuscular injection**

This will be given by injection into a large muscle such as the thigh. It is used if patients are being sick or feeling extremely sick.

### **Intravenous injection**

This will be given through a small plastic tube (cannula) straight into a vein for rapid pain relief. If you have had surgery, you may already have a cannula in place. The cannula can also be used to give anti-sickness medications for patients who are feeling sick or being sick.

### **Patient-controlled analgesia (PCA)**

This is a pain relief pump controlled by the patient. It is programmed to allow you to deliver pain medication when you need it and has safety features to prevent harm (we have a separate information sheet about this).

### **Epidural**

This is a pain relief pump used to deliver continuous pain medication through a catheter (small, plastic tube) in the spine (we have a separate information sheet about this). This method is only used in certain operations.

### **Local wound infiltration**

This is a pain relief pump that delivers continuous pain medication to the site of the operation. It is only used in particular operations.

## What happens after my operation?

When you wake from your anaesthetic in the recovery area, we will ask you about your pain and what it is like. This is best time to treat pain and you will get maximum benefits from the pain relief if it is given at this stage.

When you arrive on the ward, nurses will ask about your pain regularly and give you the pain relief that you have been prescribed. Good pain relief means that you will recover quicker from surgery. This will enable you to get up and about and carry out your daily activities sooner.

## Can I ask for help?

If your pain control is not adequate at any time and you are still feeling pain, or if you have any questions or concerns about your pain relief, please ask the nurse. It is best to do this as soon as you can to enable us to respond quickly. If appropriate, a member of the pain team will visit you to discuss this.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Inpatient Pain Team on 01384 456111 ext. 2845. You can also ask for us to be bleeped on 7851 (8am to 4pm, Monday to Friday excluding Bank holidays)

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/pain-management/>

If you have any feedback on this patient information leaflet, please email [patient.information@dgh.nhs.uk](mailto:patient.information@dgh.nhs.uk)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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