

PAIN MEDICATIONS

A scale of 0 to 10 is used to measure pain. At a “0”, you do not feel any pain. A “10” is the worst pain you have ever felt.

Acetaminophen

1. Taking a higher dose than recommended will not provide more relief and can be dangerous.
2. Too much can lead to liver damage and death. Risk for liver damage may be increased in people who drink 3 or more alcoholic beverages a day while using acetaminophen-containing medicines.
3. Used with caution in children.

Non Steroidal Anti Inflammatory Drugs

1. Too much can cause stomach bleeding. This risk increases in people who are over 60 years of age, are taking prescription blood thinners, are taking steroids, have a history of stomach bleeding or ulcers, and/or have other bleeding problems.
2. Use can also cause reversible kidney damage. This risk may increase in people who are over 60 years of age, are taking a diuretic, have high blood pressure, heart disease, or pre-existing kidney disease.

Opioids

1. Use can lead to drowsiness. Do not drive or use any machinery that may injure you, especially when you first start the medication.
2. The dose of an opioid pain medication that is safe for you could be high enough to cause an overdose and death in someone else, especially children.

Pain control without medicine

- Distraction helps you focus on other activities instead of your pain.
- Splinting your stomach by placing a pillow over your abdomen with firm pressure before coughing or movement can help reduce the pain.
- Guided imagery helps you direct and control your emotions. Close your eyes and gently inhale and exhale.

A handwritten signature in black ink, appearing to read 'Zaid'.

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