

Pain Management after Urology Procedures

Your child may be in pain after surgery. Pain can be controlled. If your child is having pain, we will help him be as comfortable as possible. The hours following surgery can be a challenging time to manage pain. When your child wakes up in the Post-Anesthesia Care Unit (PACU), he may not be in pain. During the procedure, the Urologist uses a medicine to numb the area around the surgical site. This medicine can be placed in two ways: directly on his skin or injected into the nerves around the surgical area. The numbness may last from several hours to 24 hours. When this medicine begins to wear off, your child may have a tingling or itching feeling around the surgery site. When this medicine completely wears off, your child may be uncomfortable and experience pain. This is normal.

Below is a list of medicines that your child may take after surgery:

- **Acetaminophen**
 - Pain reliever for mild to moderate pain.
 - For the first 3 days after surgery, give your child this medicine as prescribed.
 - After 3 days, only give this medicine to your child when needed.
 - Follow the dosage instructions on the label.

- **Ibuprofen**
 - Pain reliever to treat pain and swelling.
 - Ask your surgeon if your child is allowed to take ibuprofen.
 - For the first 3 days after surgery, give your child this medicine as prescribed.
 - After 3 days, only give this medicine to your child when needed.
 - **Only** give ibuprofen every 6 hours.
 - Follow the dosage instructions on the label.

You can alternate acetaminophen and ibuprofen for pain relief. Keep track of which medicine you gave and the time you gave it. You do not want to give too much of either medicine.

- The easiest way to remember is to give one medicine every three hours.
 - **For example**, if you give acetaminophen at 1:00PM, you can give ibuprofen at 4:00PM and then acetaminophen again at 7:00PM.
 - Caregivers will know what medicine is due next.

Can my child have an allergic reaction to the medicine?

- Yes! If your child has difficulty breathing or swelling of the lips or tongue, **call 911**.
- If your child has itching, hives, or a rash, **stop** the medicine and call your surgeon's office.

22:B:35

Common side effects of medicines:

- **Nausea:** Some medicines make children feel sick to their stomach. To prevent this, have your child eat before taking the medicine. If he vomits after taking the medicine, do not give another dose until the next prescribed time.
- **Constipation:** Some medicines make it hard for children to have a bowel movement (poop). If your child does not have a bowel movement or is having difficulty, have him eat foods with fiber such as fruits, vegetables and whole grains. He should also drink lots of water.

If you cannot manage your child's pain with acetaminophen and ibuprofen, please call our office at 215-590-2754. Your child may need an opioid medicine for severe pain. Opioid medicine requires a prescription from your surgeon.

Risks of opioid medicine:

- Addiction and overdose
 - Risk is higher in people who suffer from a mental health disorder, or have a substance use disorder.
 - Do not take with benzodiazepines, alcohol or other medicines. This may decrease your child's breathing.

Helpful tips to reduce pain:

- Apply ice
 - Use as directed by your surgeon.
 - Use ice when your child is awake.
 - Do not place directly on your child's skin.
 - Place a thin towel between his skin and the ice pack.
 - Use ice once an hour, for 15 minutes.
- Make sure your child is in a comfortable position.

If you have any questions, call the Division of Urology:

- 215-590-2754 from 8:00AM to 5:00PM Monday through Friday.
- After 5:00PM Monday through Friday or on weekends, call 215-590-1000.
 - Ask operator to page the on call Urology Physician.
- **Nights, Weekends, Holidays:** (215) 590-1000, ask the operator to page the on call Urology Physician.