

Pain management

It can be hard for bubs at any age to tell you when they're in pain. Bub might cry, not act normally, hold the area of their body that's sore or not play. These are some of the ways bubs let you know they're in pain.



Is the pain acute or chronic?

Acute pain happens suddenly like a headache or earache and lasts no longer than a few days, weeks or months. A broken arm, cuts and grazes, operation or medical procedure are acute pain.

Chronic pain lasts 3 to 6 months or longer and comes and goes or be ongoing at different times. It can be difficult to find the cause of chronic pain.

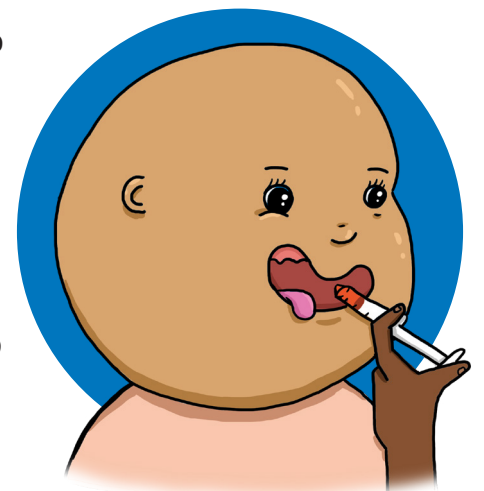
If bub has ongoing pain see a doctor.



What can be done to help your child when they are in pain?

Pain control medication (Analgesics) (An-al-gees-ix)

- You can use paracetamol (e.g. Panadol) and ibuprofen (e.g. Nurofen). These can be taken for mild to moderate pain or yarn to your pharmacist about other pain relief medications.
- It is okay to give both paracetamol, (such as Panadol), and ibuprofen (such as Nurofen) together. Do not give paracetamol and Panadeine together they both have paracetamol.
- If bub has sudden and ongoing pain, see a GP, health clinic or go to the hospital.
- If bub is in pain and you're going to see the GP, health clinic or go to the hospital still give bub pain relief.
- Staff can tell if bub is in pain, and can give other medication to control bub's pain.
- Medications should not be mixed with bub's bottles as it is difficult to tell how much bub has had, they might not finish the bottle.





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