

KEEPING YOUR CHILD COMFORTABLE

What can I do when my child is hurting?

Try these relaxation techniques.

- Elevate the problem area.
- Encourage deep breaths.
- Offer a relaxing activity like a book, music, movie or video game.
- Provide light touch or massage.
- Dim the lights and encourage rest.

What medications are used to control pain after an injury?

Non-steroidal anti-inflammatory drugs (NSAIDs): Ibuprofen (also called Motrin or Advil).

Narcotics, which may include: Hycet, Norco, Tylenol #3, Hydrocodone, Oxycodone, Hydromorphone, Codeine.

Valium is used for muscle spasms or general anxiety.

How does the team know what medications are best for my child?

To make the right choice, we will ask about these things:

- Does your child have medication allergies?
- What has worked and not worked in the past?
- Is your child able to take a pill?

Our team will discuss side effects with you.

What should I know about giving pain medications?

Follow all directions from provider and pharmacist.

- Your child's weight may require a different amount than on labels for over-the-counter medications.
- We recommend following a schedule for the first few days, then use only as needed.
 - Rotate Ibuprofen and Acetaminophen every 4 hours.

Provide plenty of water, especially when using narcotics, to prevent constipation.

Make notes about when the pain starts, so you can adjust the medication schedule.

- With pain after a long school day, plan to give medication before school the next day.
- For pain in the morning, plan to give medication before bed the next night.



COMFORT FOR KIDS

What will I do when I hurt?

Tell an adult as soon as the pain starts so they can help you.

Take deep breaths.

Read a book or watch a movie to relax.

Will I have to take medicine?

For a few days, medicine will help keep you comfortable.

You and your parent can choose whether a pill or liquid is best.

Kids don't need medicine for pain very often.

How will the medicine make me feel?

Some medicines make you feel sleepy.

Drinking water will help you feel good while you are taking pain medicine.

Tell an adult how the medicine makes you feel.

