

## What are the goals of pain control?

The goal of pain control is to minimize pain, keep the child moving, help him or her feel more comfortable, and help healing.

## What is safe and effective pain control?

Pain control is the use of medication and other therapies to relieve the discomfort of the patient.

Goals of pain control for the child are:

**Safe** - Use of medications and other therapies that are safe for the child.

**Useful** - Use of medications and other therapies that are effective in relieving pain.

**Educational**

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## Why is pain control important for children and teens?



# What are the most common pain control therapies and medications?

## Non-Medication Therapies

	Therapy	Description
Mild Pain	Self-care	Ice, elevation, and rest
	Complementary therapies	Distraction (e.g., book, game, video, or movie); relaxation; and music
	Rehabilitation therapies	Physical therapy
	Exercise	Walking and non-weight-bearing activities prescribed by the surgeon

## Non-Opioid, Oral Medications

	Medication	Common Side Effects*
Mild-to-Moderate Pain	<b>Acetaminophen</b> Decreases pain and fever Children: Tylenol <sup>5,6</sup> Tempalgin, Panadol, Acetaminophen/Pseudoephedrine (found outside of the U.S.) Feverall (propionyl)	Nausea, vomiting, constipation, itching, and agitation.  Follow package directions for dosing of acetaminophen. The dose of acetaminophen is based on the child's weight. Allow at least 4 hours between doses and do not give more than 5 doses in a day.
	<b>Non-steroidal anti-inflammatory drugs (NSAIDs)</b> Decrease pain, swelling, and fever Ibuprofen (Advil <sup>7</sup> , Motrin <sup>8,9</sup> )	Upset stomach (constipation or diarrhea), gas, heartburn, nausea, vomiting, and dizziness.  <b>Serious risks:</b> Stomach bleeding or ulcers, heart attack, and stroke.  For children, the highest dose is 12 mg/kg per day (not to exceed 6 months old, ask a doctor if the child can take NSAID). Do not give ibuprofen to a baby on the child's weight.  Ask a doctor if the child is taking acetaminophen and an NSAID together at the same time.

## Opioids

	Medication	Common Side Effects
Severe Pain	<b>Opioids<sup>10</sup></b> Decrease severe pain, block pain signals in the brain and spinal cord  Hydrocodone/acetaminophen (Norco <sup>11</sup> , Vicodin <sup>12</sup> , Lorcetab, Hycetab) Hydrocodone (Dilaudid <sup>13</sup> ) Oxycodone (OxyContin <sup>14</sup> ) Oxycodone/acetaminophen (Percocet <sup>15</sup> , Endocet, Roxicet)	Dizziness, nausea (very common), headache, drowsiness, vomiting, drowsiness, itching, respiratory depression (respiratory depression), and constipation.  For opioid-related constipation, use laxatives or stool softeners such as polyethylene glycol, Miralax, stool softener, or a prescription enema, as directed by the surgeon.  <b>Serious risks:</b> Respiratory depression, overdose, abuse, addiction, overdose (taking too much of the medication), and death from respiratory depression. In addition, be aware of the risk of opioid addiction. It is often difficult to get off of opioids after 5 days.  <b>FDA Contraindications and Warning:</b> Children younger than 12 years of age should not take acetaminophen or codeine for their cough or pain (a type of opioid medication). <sup>16</sup> Also, acetaminophen should not be used for pain control after an emotional incident in children younger than 18 years old and should not be recommended in adolescents 12 to 18 years old and who are obese, have obstructive sleep apnea, or are taking other medications.

\*Side effects reported in 3% or more of the patients in the clinical trial

**Children with chronic pain or a history of prolonged opioid use will have an individualized plan for postoperative pain management.**

**Call 911 for an opioid overdose.** Common signs of opioid overdose are small pupils, trouble breathing, and unconsciousness. **A child can die from an opioid overdose.**

## **Can I wait to fill my child's opioid prescription?**

Yes, you can wait to see if your child has severe pain before filling his or her opioid prescription.

## What are the risks of my child becoming addicted to opioids?

An one who take prescription opioid can become addicted. However, long-term use when opioid are only taken to manage severe, postoperative pain.<sup>21</sup> Opioid block pain and make a feeling of euphoria (feel high). Taking prescription drug to feel high is a type of **prescription drug abuse**.

**Addiction** is looking for the drug despite

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