

Your Pain Management Plan

Safe and Effective Pain Control After Surgery
A Guide for Children, Teens, and Families

Before Surgery Pain Control

Non-Medication Therapies

Non-Medication Therapies Example: Ice	Your Time—How Long Example: 20 minutes each	When to Use Example: 4 times a day; 7 am, 11 am, 3 pm, 7 pm

Pain Medication Plan

Medications Example: Tylenol®/Advil®	Your Dose—How Much Example: 500 mg	When to Take—List Times Example: 8 am and 8 pm

Be sure to tell your child's care provider about any medication allergies your child may have.
Also tell them about any medicine your child is already taking.

If your child smokes/vapes or parents, if you smoke, quit before the surgery. Smoking can slow your child's recovery.
To learn more and get help to quit, see Quit Smoking Before Surgery at facs.org/quitsmoking

After Surgery Pain Control

Non-Medication Therapies

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