

Safe and Effective Pain Control After Surgery for Children and Teens

Your Child's Pain Management Plan

Before Surgery Pain Control

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.

If your child smokes/vapes or parents, if you smoke, quit before the surgery. Smoking can slow your child's recovery.

Download the Quit Smoking before Your Operation brochure at facs.org/quitsmoking

After 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

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