

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 |
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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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