

Pain Relief Guide Lines

- Regular panadol OR panadeine (not both)
- Regular anti-inflammatory (naprosyn or celebrix or voltaren/ diclofenac)
- Tramadol tabs are a stronger pain reliever if panadol / anti inflammatory not sufficient. (If you have never used them before, take 50 mg first and if well tolerated another 50mg an hour later.) 1 to 2 tabs every 4 hours
- Oxynorm tabs 10 mg when pain is more severe .take one tab and another in ½ hour if required initially then 10 to 20mg 4 hourly thereafter.

All of these medications are compatible and may be taken with each other

Oxynorm can constipate, so eat lots of fruit vege and whole grain bread and drink lots of water

Anti inflammatories can irritate the stomach. If so then stop taking them .

Maintain good hydration when taking anti inflammatories to protect the kidneys (v important)