

Pain Relief Guide Lines

- Regular panadol 4x a day
- Regular anti-inflammatory 2x a day with food (naprosyn or celebrix or voltaren/diclofenac)
- Codeine tabs when pain is more severe up to every 4 hours (usually use 60 mg)
- Tramadol tabs as an extra strong pain reliever if codeine not sufficient (use 50 mg as the first dose, then if well tolerated another 50mg an hour later if needed)

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

Codeine 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 (v- important)