

#weareNHFT

**ANALGESICS
(PAINKILLERS) AND
POST OPERATIVE
BLEEDING
PODIATRIC SURGERY**

**INFORMATION
LEAFLET**

 01327 708102

 nhft.nhs.uk/podiatric-surgery



**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

ANALGESICS (PAINKILLERS) AND POST OPERATIVE BLEEDING

Unless we recommend otherwise you will be given painkillers immediately after your surgery. If you wait for the sensation (and pain) to return after the anaesthetic wears off **before** starting the painkillers you will find it harder to manage the overall intensity of discomfort. It is often better to start with a **full** dose of painkillers after surgery. You should continue to take these for the next two to three (2 to 3) days as required but may reduce the dose if you:

- feel your pain levels are reducing significantly
- experience side effects of either co-codamol or naproxen as listed in the boxes below

If you experience an excessive amount of pain after the anaesthetic wears off, this can be helped with application of an ice pack at the ankle - 10 minutes on / 10 minutes off - three (3) times maximum (do not freeze the skin), to a maximum of six (6) times in a 24 hour period. Place a layer of material between the ice pack and your skin to prevent a cold injury and be careful not to get the dressing wet. If you continue to experience pain, contact your on-call GP service or Accident and Emergency (A&E) for stronger painkillers. They will need to know:

- What operation you have had
- What painkillers you have already taken

BLEEDING

Some blood may stain through the dressing (the size and colour of a small tomato is ok). Rarely, if bleeding is persistent, a change of dressing is required. During "office hours", contact us via Danetre Hospital on 01327 708102. . Out-of-hours, contact your on-call GP service, NHS 111 or A&E. If you are asked to attend A&E, please remember to take any paperwork given to you after surgery.

CO-CODAMOL (KAPAKE) 30/500 mg

Co-codamol tablets contain two (2) painkillers: codeine phosphate and paracetamol. Codeine is an opioid analgesic. Paracetamol is a simple analgesic.

You are advised **not** to drink alcohol with this medicine.

Dose - One to two (1 to 2) tablets every four to six (4 to 6) hours. Do not exceed eight (8) tablets in 24 hours.

Side effects - The side effects are usually from the codeine and include light-headedness, dizziness, sedation, nausea and vomiting, and constipation.

If you cannot cope with side effects, STOP taking the co-codamol. Take two (2) 500mg paracetamol tablets, four (4) times a day instead. It will take a few hours for the codeine to flush out of your system.

NAPROXEN (NAPROSYN) 500 mg

This drug is a non-steroidal anti-inflammatory medication used to reduce pain, fever and inflammation. **Do not take this if you suffer from asthma and you know similar drugs trigger an asthma attack. Do not take Ibuprofen at the same time, as it is also a non-steroidal anti-inflammatory.**

Dose - One (1) tablet, twice (2 times) a day with food to prevent indigestion. The tablet should be swallowed whole with a drink of water or milk, not crushed or chewed. Avoid taking indigestion remedies at least one (1) hour before and after taking naproxen.

Side effects - The main side effects are indigestion and heartburn (stomach pain). Other side effects that occasionally occur include diarrhoea, nausea, headache and dizziness.

If indigestion or heartburn persists, you should stop taking the tablets. If you have severe indigestion, difficulty in breathing, or a skin rash, stop taking the medicine and contact your GP straight away.

PLEASE ASK IF YOU HAVE ANY FURTHER QUESTIONS REGARDING YOUR SURGICAL CARE.



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Northamptonshire
Healthcare NHS
Foundation Trust



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Inspected and rated

Outstanding ☆



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.