

这些信息是术后止痛药处方或给药的补充资料。请参阅处方或药物标签的详细指示说明。

## 术后疼痛

术后有一定的疼痛很正常。您可能需要术后服用药物控制及舒缓疼痛。

这些药物有助于减少疼痛，并令您可以更快地恢复从事日常的活动。

## 哪些药物有效？

您的医生会在术后评估哪些止痛药最适合您。他们给您使用的部分药物可能包括：

- 扑热息痛（Paracetamol）
- 抗炎药物（如布洛芬（ibuprofen）或双氯芬酸（diclofenac））
- 曲马多（Tramadol）
- 阿片类药物（如 Endone®、Oxycontin® 或 Targin®）

## 如何服用止痛药？

按医嘱服用止痛药。服药不得超过建议剂量。

在医生建议下服用止痛药组合。这样做止痛效果更佳，且副作用少于大剂量服用单一药物。

某些处方止痛药需定期服用。医生也可能处方某种药物让您在疼痛更多的时候“按需”服用。

您如果忘记服用一剂药物，则不必补服，照常服用下一剂即可。不要服用双倍剂量补上。

## 副作用

可能会产生一些副作用，包括：恶心、呕吐、便秘及困倦。如出现困倦感，则不要驾驶机动车或操作机器。

## 如出现以下情况，请与您当地的医生（家庭医生）联系：

- 因疼痛而无法入睡
- 疼痛加重而不是减轻
- 服用止痛药后疼痛并未减轻
- 出现服用止痛药的副作用
- 意外服用了大量的止痛药

## 停用止痛药

向医生查询需要服用止痛药多长时间。

逐步停用您定期服用的止痛药。当疼痛改善且无需以“按需”服用的止痛药镇痛时，可逐步停用您定期服用的止痛药。

## 剩下的药物

术后一旦完全康复，请将剩下的止痛药送到当地的药房进行安全销毁。

止痛药只应在医生建议下服用。您的亲友即使有同样的症状，您也不能把自己的药交给他们。

# Pain medicines after surgery

This information is intended to accompany prescription or supply of medicines for pain relief after surgery. Please refer to prescription or label for specific instructions.

## **Pain after surgery**

It is normal to have some pain after surgery. You may need to take some medicines to control and relieve pain after surgery.

These medicines will help with reducing your pain and allowing you to get back to your usual activities more quickly.

## **Which medicines can help?**

After your surgery your doctor will assess which pain medicines are most suitable for you. Some of the medicines you might be given include:

- Paracetamol
- Anti-inflammatory medicines (such as ibuprofen or diclofenac)
- Tramadol
- Opioid medicines (such as Endone<sup>®</sup>, Oxycontin<sup>®</sup> or Targin<sup>®</sup>)

## **How to take your pain medicines**

Take your pain medicines as directed. Do not take more than the recommended dose.

When advised by your doctor use a combination of pain medicines. This can achieve better pain relief, with fewer side effects, than a large dose of a single medicine.

Some pain medicines will be prescribed for you to take regularly. You may also be prescribed a medicine to use 'as needed' when you are experiencing more pain.

If you forget to take a dose of medicine, skip that dose and take the next dose as usual. Do not take a double dose to catch up.

## **Side effects**

Some of the side effects you may experience include nausea, vomiting, constipation and drowsiness. Do not drive a motor vehicle or operate machinery if you experience drowsiness.

## **Contact your local doctor if:**

- you are unable to sleep because of pain
- your pain is increasing rather than improving
- your pain doesn't get better after taking your pain relief medicine
- you are experiencing side effects from your pain relief medicine
- you accidentally take too much pain relief medicine

## **Stopping your pain medicines**

Ask your doctor about how long to take your pain medicines.

Stop taking your regular pain control medicines gradually. When your pain has improved and you no longer require your 'as needed' pain relief medicine, you can gradually stop taking your regular pain-relief medicines.

## **Leftover medicines**

Once you have fully recovered from your surgery, take any leftover pain medicines to your local pharmacy for safe disposal.

Pain relief medicines should only be taken on medical advice. Do not give your medicines to relatives or friends, even if they have the same symptoms.