

這些資訊是術後止痛藥處方或給藥的補充資料。請參閱處方或藥物標籤的詳細指示說明。

## 術後疼痛

術後有一定的疼痛很正常。您可能需要在手術之後服用藥物控制及舒緩疼痛。

這些藥物有助於減少疼痛，並令您可以更快地恢復從事日常的活動。

## 哪些藥物有效？

您的醫生會在術後評估哪些止痛藥最適合您。他們給您使用的部分藥物可能包括：

- 撲熱息痛（Paracetamol）
- 抗炎藥物（如布洛芬（ibuprofen）或雙氯芬酸（diclofenac））
- 曲馬多（Tramadol）
- 阿片類藥物（如 Endone<sup>®</sup>、Oxycontin<sup>®</sup> 或 Targin<sup>®</sup>）

## 如何服用止痛藥？

按醫囑服用止痛藥。不要超過建議劑量服藥。

在醫生建議下服用止痛藥組合。這樣做止痛效果更佳，且副作用少於大劑量服用單一藥物。

某些處方止痛藥需定時服用。醫生也可能處方某種藥物讓您在疼痛更多的時候“按需”使用。

您如果忘記服用一劑藥物，則不必補服，照常服用下一劑即可。不要服用雙倍劑量補上。

## 副作用

可能會產生一些副作用，包括：惡心、嘔吐、便秘及困倦。如出現困倦感，則不要駕駛機動車或操作機器。

如出現以下情況，請聯絡您當地的醫生（家庭醫生）：

- 因疼痛而無法入睡
- 疼痛加重而不是減輕
- 服用止痛藥後疼痛並未減輕
- 出現服用止痛藥的副作用
- 意外服用了大量的止痛藥

## 停用止痛藥

向醫生查詢需要服用止痛藥多長時間。

逐步停用您按時服用的止痛藥。當疼痛改善且無需以“按需”服用的止痛藥鎮痛時，可逐步停用您定期服用的止痛藥。

## 剩下的藥物

術後一旦完全康復，請將剩下的止痛藥送到當地的藥房進行安全銷毀。

止痛藥只應在醫生建議下服用。您的親友即使有同樣的症狀，您也不能把自己的藥交給他們。

# 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.