**PAIN RELIEF LAST GIVEN ON WARD**

<table>
<thead>
<tr>
<th>Dosage</th>
<th>Type</th>
<th>Time</th>
<th>Date</th>
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**Remember:**
Ask your nurse if you are unsure about anything about your child’s care.

**Additional instructions**
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Developed by Ann Costigan & Staff of Our Lady’s Ward

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WOUND CARE

If the wound is dressed

- Do not disturb dressing unless otherwise advised, as this may cause harm to the wound and delay the healing process.
- Keep the dressing clean and dry, as this assists in reducing the risk of infection.

If the wound is exposed

- Keep wound dry for ________. If showering wear a waterproof plaster and remove same afterwards.
- Your child may shower bath normally _______ days after the operation once the wound has healed.

If the wound has steristrips

- Please keep dry.
- If the ends are curling, you may need to trim them as they may stick to clothing and then drag on the wound.
- If the wound is healed and dry and the steristrips have not fallen off by after ___ days, you may remove them.
- When removing the steristrips from the wound, do so gently to avoid pulling at the wound edges.

Observe the wound/dressing for the following:
- Oozing
- Bleeding
- Swelling
- Redness
- Odour (smell)
- Your child may have pain and a high temperature

Please contact your GP or Public Health Nurse or the ward, if you notice any of the above or are worried about your child’s wound.

RETURNING TO NORMAL ROUTINE:

School ______________________________

Exercise ______________________________

Other: ________________________________

PAIN MANAGEMENT

On discharge home, your child’s pain should be well controlled. Pain relief may be prescribed in discharge.

You may also give your child over the counter pain relief as instructed by your pharmacist. Please read and follow the instructions on any medications carefully.