# REVISED PAIN MANAGEMENT FOR THE POST-OPERATIVE PAIN: ADULTS

## SEVERE PAIN

### MUSEPHINE
- IV = 1–3 mg dose, titrate to effect
- SC = 2.5–5 mg dose, every 4–6 hours
- PO (fast acting)/frail, opioid-naïve = 5–10 mg
- PO (fast acting)/not opioid-naïve = 10–20 mg every 4–6 hours

### MODERATE PAIN

#### WEAK OPIOID OR LOW DOSE OF STRONG OPIOID
- TRAMADOL PO/IV = 50–100 mg every 6–8 hours
- MORPHINE PO
  - / > 50 kg/ = 2.5–5 mg every 4–6 hours
  - / < 50 kg/ = 0.1 mg/kg every 4–6 hours

### MILD PAIN

#### PARACETAMOL
- PO/IV = 1 g, every 6 hours
  - weight < 50 kg = 0.750 g every 6 hours
  - weight < 40 kg = 500 mg every 6 hours

## UNCONTROLLED SEVERE PAIN

### PERIPHERAL NERVE BLOCKS
- IV KETAMINE 0.1–0.2 mg/kg/hour (5–10 mg/hour) for up to 48 hours

## FOR USE IN THE RECOVERY AREA/ HIGH-DEPENDENCY UNIT

### UNCONTROLLED SEVERE PAIN

#### FOR USE ON THE WARDS

### ADJUNCTS GIVEN AT ALL LEVELS AS APPROPRIATE:

- Laxatives’ and anti-emetics with opioids
- If neuropathic component – refer to neuropathic pain protocol

## TIME

- IV Intravenous
- SC Subcutaneous
- PO Orally

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**SEVERITY OF PAIN**

- No hurt
- Hurts little bit
- Hurts little more
- Hurts even more
- Hurts whole lot
- Hurts worst
REvised PAIN MANAGEMENT FOR THE POST-OPERATIVE PAIN: CHILDREN

REVERSED WHO PAIN MANAGEMENT LADDER

SEVERE PAIN

MORPHINE

IV (> 50 kg) = 1–2 mg
IV (< 50 kg > 6 months) = 0.025–0.5 mg/kg
IV (< 6 months) = 0.025 mg/kg
titrate to effect
PO (6–12 years) = 5–10 mg,
every 4–6 hours
PO (3–5 years) = 2.5–5 mg,
every 4–6 hours

+ PARACETAMOL

+ IBUPROFEN

UNCONTROLLED SEVERE PAIN
PERIPHERAL NERVE BLOCKS
IV KETAMINE 0.1–0.2 mg/kg/hour
(5–10 mg/hour) for up to 48 hours

FOR USE IN THE RECOVERY AREA/
HIGH-DEPENDENCY UNIT

MODERATE PAIN

WEAK OPIOID OR
LOW DOSE OF STRONG OPIOID

TRAMADOL (> 12 years) IV/PO
= 1–1.5 mg/kg every 6–8 hours
MORPHINE IR PO
= 0.1 mg/kg every 4–6 hours

+ PARACETAMOL

MILD PAIN

PARACETAMOL

PO/IV (< 50 kg) = 15 mg/kg every 6 hours
(< 10 kg) IV = 7.5 mg/kg every 6 hours
(< 10 kg) PO= 10–15 mg/kg every 6 hours

+ IBUPROFEN

FOR USE ON THE WARDS

ADJUNCTS GIVEN AT ALL LEVELS AS APPROPRIATE:

Laxatives’ and anti-emetics with opioids

If neuropatic component – refer to neuropatic pain protocol

TIME

IV Intravenous
SC Subcutaneous
PO Orally