

# Pain Management After Hip Surgery

After surgery, it is normal for your child to feel some pain or discomfort. Our goal is to help you manage your child's pain safely. This will help your child sleep better and recover faster.

Give your child Tylenol® (acetaminophen) and ibuprofen as your first line of pain relief. You can rotate Tylenol with ibuprofen every 3 hours.

A sample schedule is below. Please call us at 504-842-3970 if you need help with this schedule.

- 9 AM: Tylenol
- 12 noon: ibuprofen
- 3 PM: Tylenol
- 6 PM: ibuprofen
- 9 PM: Tylenol
- 12 midnight: ibuprofen
- 3 AM: Tylenol
- 6 AM: ibuprofen

If your child's pain is not controlled with Tylenol and ibuprofen, you may replace a dose of Tylenol with Hycet®.



To prevent Tylenol overdose, do not give Tylenol in addition to Hycet. Hycet already contains Tylenol.

Hycet is a narcotic pain medication. These are also called opioids and should be used only as prescribed. Most patients only need this kind of pain relief for a few days.

Narcotic pain medications can cause nausea, constipation, and drowsiness. **Always give pain medication with food to minimize nausea. Give your child a stool softener (like MiraLAX®) to prevent constipation if they are taking the Hycet regularly.**

## Pain Block Information

If your child received a pain block:

- Your child's leg or thigh will start to tingle before the block wears off. As soon as you notice they are starting to feel tingling, give them a dose of Hycet. This way it can kick in before the block wears off. Hycet takes about 30 minutes to take effect.
- If you are worried about the block wearing off in the middle of the night, you can give your child a Hycet dose before going to bed. You may do this the night of surgery or the night after surgery.

+ See the back of this sheet for medication dosing information.



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## Dosing Information

Ibuprofen (Advil® / Motrin®) Every 6-8 hrs					
Weight in lbs	Dose (mg)	Infant Ibuprofen Drops 50mg/1.25ml	Children's Suspension	Children's Ibuprofen Chewable 50mg each	Junior Ibuprofen Tablets 100mg each
12-17 lbs	50	1.25 ml	2.5 ml or ½ tsp	N/A	N/A
18-23 lbs	75	1.875 ml	3.75 ml or ¾ tsp	N/A	N/A
24-35 lbs	100	2.5 ml	5 ml or 1 tsp	2 tablets	1 tablet
36-47 lbs	150	3.75 ml	7.5ml or 1 ½ tsp	3 tablets	1 ½ tablets
48-59 lbs	200	N/A	10 ml or 2 tsp	4 tablets	2 tablets
60-71 lbs	250	N/A	12.5 ml or 2 ½ tsp	5 tablets	2 ½ tablets
72-95 lbs	300	N/A	15 ml or 3 tsp	6 tablets	3 tablets

Acetaminophen (Tylenol®) Every 4-6 hrs						
Weight in lbs	Dose (mg)	Infant Acetaminophen Liquid (ml)	Infant/Children's Acetaminophen Liquid 160mg/5ml	Children's Meltaways	Children's Acetaminophen Chewable Tablet 80mg each	Junior Acetaminophen Chewable Tablet 160mg each
6-11 lbs	40	0.4	1.25ml or ¼ tsp	N/A	N/A	N/A
12-17 lbs	80	0.8	2.5 ml or ½ tsp	N/A	N/A	N/A
18-23 lbs	120	0.8 + 0.4 = 1.2	3.75 ml or ¾ tsp	1	N/A	N/A
24-35 lbs	160	0.8 + 0.8 = 1.6	5 ml or 1 tsp	2	2 tablets	1 tablet
36-47 lbs	240	N/A	7.5 ml or 1 ½ tsp	3	3 tablets	1 ½ tablets
48-59 lbs	320	N/A	10 ml or 2 tsp	4	4 tablets	2 tablets
60-71 lbs	400	N/A	12.5 ml or 2 ½ tsp	5	5 tablets	2 ½ tablets
72-95 lbs	480	N/A	15 ml or 3 tsp	6	6 tablets	3 tablets

## Body Cast Information

Your child may be in a spica (body) cast after surgery. To learn more, log in to your MyOchsner account and check the Health Reference Library for info about the spica cast.

If you do not have a MyOchsner account, visit [ochsner.org/my-ochsner](https://ochsner.org/my-ochsner) to sign up or ask a member of your care team to help you create one. You can download the MyOchsner app from Apple App Store or Google Play.