Take home Analgesia for day case breast/plastic surgery

**Regular Analgesia**

| Tab | Paracetamol | 1g (>50kg) | 6 hr | Orally for up to 5 days AND Tab | Ibuprofen | 400 mg | 8 hr | Orally for up to 5 days |

**Rescue analgesia**

1st line:
| Tab | Dihydrocodeine | 30 mg | 3 hourly | Orally | as required | for up to 5 days |

2nd line (On certain occasions only, see guidance below):
| Cap | Oxycodone (immediate release) | 5 mg | 4 hourly | Orally | as required | for up to 3 days |

**Guidance:**

1. Anaesthetist completes analgesic proforma for all day case patients while patient is still in theatre. However, oxycodone can be prescribed later if anaesthetist feels inadequate pain relief on pre discharge visit. However, Oxycodone prescription should reach pharmacy **before 16:00 hrs.**

2. FY doctor prescribes analgesia as directed by anaesthetist when patient returns from recovery room to ward.

**Notes regarding Oxycodone prescription:**
Oxycodone should be considered on following occasions:
- Surgery: Lipofilling, Mammoplasty, Implant insertions.
  - PLUS
    - Patients with chronic pain issues **OR**
    - Prior history of excessive postoperative pain.

Avoid prescribing large amount of take home Oxycodone in opioid naive patients. Three to 5 capsules of Oxycodone 5 mg are sufficient for most patients. Patients should be instructed by ward staff to avoid driving or take alcohol/sedatives while taking Oxycodone.

Oxycodone prescription should reach pharmacy **before 16:00 hrs.** Any prescription after that time may not be entertained by pharmacy.

**Avoid NSAIDS in following patients:**

- Patients on Aspirin trial for breast cancer (check with surgeon, patient may be prescribed Ibuprofen for first 1-2 days).
- Allergy or hypersensitivity to NSAIDS.
- Bleeding or platelet disorders / coagulopathy.
- Heart failure.
- Cerebrovascular disease.
- Peripheral arterial disease.
- Chronic Liver disease.
- Asthma / COPD.
- Age > 70 years.
- Gastritis/ Acid reflux / Duodenal ulcer.
- Crohn’s disease / Ulcerative colitis.
- Uncontrolled hypertension.
- Renal Failure (eGFR < 60.)

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