

Pain



How can I treat it?

Everyone who has pain should consider taking painkillers. There are several kinds of painkiller and different types work best for different types of pain.

Perhaps the most common painkiller is paracetamol. Paracetamol is used to relieve mild to moderate pain such as headache. It is also useful for lowering a raised temperature. It is available from your pharmacy, supermarket or store and costs very little. Two tablets of paracetamol up to four times a day is a safe dose for adults. Paracetamol, usually in liquid form, is available for children. Side effects are not common. Overdosing on paracetamol can cause serious side effects so if your pain is severe, do not increase the dose. Do not take it with any other paracetamol products. Paracetamol is contained in many over the counter cold and flu remedies so always check the label. And if your pain lasts for more than three days, see your GP.

Ibuprofen is another common painkiller. It is an anti-inflammatory and is used to ease pain in various conditions including arthritis, strains and sprains, period pain, pains after operations, dental pain, headaches, migraines, and some other types of pain. Some anti-inflammatory medicines need a prescription but ibuprofen is readily available from your pharmacy, supermarket or store. It is very cheap to buy but should not be taken for long periods of time as this increases the risk of side effects. It should always be taken with or after food.

There are several practical things you can do to help relieve pain:

- Get some gentle exercise such as walking
- Breathe slowly and deeply.
- Distract yourself by doing something so that pain isn't the only thing on your mind.

For more information on how to treat pain visit www.nhs.uk.

If you would like a copy of this document in large print, Braille or on audio tape, or if you would like this information explained in another language please telephone 01707 369705.