

# Burn discomfort: pain

Children experience pain during the burn healing process and they express pain and discomfort differently to adults. Is your child playing and being as active as usual, or are they irritable and difficult to settle? These may be signs that your child's burn is painful.

Children can be anxious and apprehensive for their burn treatment. While we endeavour to provide age appropriate diversional therapy and comfort measures your assistance in providing comfort is of great importance.

Please discuss your choice of pain relief (analgesia) medication for your child with your pharmacist. You must advise the nursing staff what medication your child had had prior to having their dressing changed. No pain relief medication will be provided to your child in the Burns Outpatient Clinic (Clinic J). If your child is being admitted to Ward 1B, the medications given that day will determine their treatment and also if any additional medication is to be given.

## Attending Burns Outpatient Clinic

If your child is attending the Burns Outpatient Clinic (Clinic J) for dressing changes, please give pain relief medication to the child 30 minutes before the appointment as the burn wounds will need to be washed and cleaned.

## Pain relief (analgesia) medications

Available over the counter at a pharmacy in liquid and tablet form. Please follow the manufacturer's instruction for the dose and frequency.

- Ibuprofen (Nurofen<sup>®</sup>, iProfen<sup>®</sup>, Bugesic<sup>®</sup>)

This has an anti-inflammatory effect and may be given with paracetamol products but cannot be given with other anti-inflammatory medication. Not recommended for use in children under six months of age.

- Paracetamol (Panadol<sup>®</sup>, Dymadon<sup>®</sup>)

This may also be given with ibuprofen but cannot be given with any other products containing paracetamol.

If your child remains uncomfortable and unsettled, please contact PCH Ward 1B on 6456 3630. Alternatively, you can contact PCH Pharmacy Department Drug Information Line on 6456 0190 (select option 1), Monday to Friday during office hours.

