

Tips for pain management at home after spinal fusion



See other Children's teaching sheets for each medicine listed below. Ask your nurse if you need a teaching sheet for your medicines. Follow all the details on the medicine labels.

Tylenol (acetaminophen)

- This is for pain.
- Give every 6 hours when your child is awake. You do not need to wake your child at night to give it.
- Do not give more than 4 doses in 24 hours.
- Continue acetaminophen until your child is no longer taking oxycodone. After that, use acetaminophen as needed.

Ibuprofen (Advil, Motrin)

- Ibuprofen helps to decrease swelling and pain.
- This should be used once every 6 hours. It can be given at the same time as other medicines.
- It is helpful for your child's pain control to switch between acetaminophen and ibuprofen.
- Your child's doctor may want you to keep giving this until they are off oxycodone. You can talk more with the team at your post-op visit.

Oxycodone

- See teaching sheets [#1781](#) (pill form) and [#1601](#) (liquid form).
- It should be given only if your child has back pain where they had surgery.
- Do not give this more often than every 4 hours.
- Do not wake your child to give oxycodone.
- As your child heals, they will need less oxycodone. They will be able to go longer between doses.

Do not give valium and oxycodone at the same time. They both cause sleepiness. Together they can make your child too sleepy and it is unsafe. **Wait for at least 1 hour after you give one to give the other medicine.**

Valium

- See teaching sheets [#1414](#).
- This is to help relax tight, twitching muscles, also called spasms.
- Give only if your child has spasms.
- Do not give this more often than every 6 hours.
- Do not wake your child to give valium.

If your child sleeps all night, they might hurt in the morning because they have not had any medicine for a while.

- You can give your child oxycodone and Tylenol before they get out of bed.
- Then let them stay in bed for 45 minutes before getting up.
- This makes mornings easier.

As your child heals, they will be doing more.

- For a little while, this might make them sorer. They may feel sore that night or the next day. You may need to give more medicine the next day even though you gave less on the days before.

Call the orthopedic team if you are worried. The phone number to call is on your After Visit Summary (AVS).

Help for constipation

- See teaching sheet Constipation after a surgery or procedure [#3036](#).
- Taking a lot of oxycodone can make your child can have a hard time pooping. This can be very uncomfortable.

To help prevent this they can:

- Eat foods that are high in fiber like fruits and vegetables.
- Drink plenty of water and other fluids.
- You can give your child over the counter medicine to help while they are taking the oxycodone. Two medicines that might help are Miralax and Senokot S. These soften poop and help your child go to the bathroom. The store brand of these medicines are also fine to use. Your AVS will have more information.
- If your child doesn't poop every 1 to 2 days, contact the orthopedic clinic for instructions.

Other teaching sheets that may be helpful:

- [#1360](#) Going home with medicine
- [#1763](#) Pain management at home

ALERT: Call your child's doctor, nurse or clinic if you or your child have any concerns or if your child:

- is not getting good pain relief.
- has any side effects from the medicine.
- has special health care needs not covered by this information.

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.