

RBHSC Fractures Pain Pathway

MUA + K-wiring		
Pre-operative	PO Paracetamol PO ibuprofen	15mg/kg 10mg/kg
Intra-operative	IV Paracetamol (if not given pre-operatively) IV Ketorolac (if no pre-op NSAID & no contraindications) IV Morphine	15mg/kg (7.5mg/kg <10kg) 0.5mg/kg (max 15mg) up to 0.1mg/kg
Post-operative	PO Paracetamol regular PO NSAID regular* (unless contraindicated) PO Oramorph PRN	15mg/kg 4-6hrly, max QID Diclofenac 1mg/kg 8hrly or Ibuprofen 10mg/kg 8hrly 0.1 - 0.2mg/kg 6hrly PRN

ORIF upper limb		
Pre-operative	PO Paracetamol PO ibuprofen	15mg/kg 10mg/kg
Intra-operative	IV Paracetamol (if not given pre-operatively) IV Ketorolac (if no pre-op NSAID & no contraindications) IV Morphine Local anaesthetic wound infiltration +/- regional block if appropriate	15mg/kg (7.5mg/kg <10kg) 0.5mg/kg (max 15mg) up to 0.1mg/kg
Post-operative	PO Paracetamol regular PO NSAID regular* (unless contraindicated) PO Oramorph PRN +/- stat dose evening of surgery	15mg/kg 4-6hrly, max QID Diclofenac 1mg/kg 8hrly or Ibuprofen 10mg/kg 8hrly 0.1 - 0.2mg/kg 6hrly PRN

ORIF lower limb / Any IM nailing		
Pre-operative	PO Paracetamol PO ibuprofen	15mg/kg 10mg/kg
Intra-operative	IV Paracetamol (if not given pre-operatively) IV Ketorolac (if no pre-op NSAID & no contraindications) IV Morphine Local anaesthetic wound infiltration +/- regional block if appropriate	15mg/kg (7.5mg/kg <10kg) 0.5mg/kg (max 15mg) up to 0.1mg/kg
Post-operative	IV Paracetamol regular PO NSAID regular* (unless contraindicated) Morphine NCA/PCA	15mg/kg 6hrly (>10kg) Diclofenac 1mg/kg 8hrly or Ibuprofen 10mg/kg 8hrly As per protocol

* **Regular post-operative NSAID maximum 5-day course**

IF CONCERNS REGARDING PAIN CONTROL PLEASE CONTACT ACUTE PAIN TEAM OR ANAESTHETIC REGISTRAR ON CALL (OUT OF HOURS)