

# IN CARE OF KIDS



## Sickle Cell: Pain

### For pain, please do this:

- 1) Give ibuprofen (also called Motrin or Advil) as shown on the chart.
- 2) Put heat on the painful spot. Never use cold!
- 3) Put your child in a warm bath or hot shower.
- 4) Have your child drink lots of liquids.
- 5) Have your child rest in a quiet room.
- 6) Massage the painful spot.
- 7) Play a movie, read a story to them, sing softly or play soft music.
- 8) Dress your child in warm clothes.
- 9) Don't smoke around your child.
- 10) If pain isn't better with the ibuprofen, KEEP GIVING IT every 6 hours

AND ALSO give the other pain medicine as shown:

- Hydrocodone/Tylenol (Lortab or Vicodin) at a dose of \_\_\_\_ ml or \_\_\_\_ mg or \_\_\_\_ pills every 4-6 hours OR
- Oxycodone at a dose of \_\_\_\_ mg or \_\_\_\_ pills every 4-6 hours **OR**
- \_\_\_\_\_ Dilaudid (2mg) every 4 hours **OR**
- \_\_\_\_\_ Dilaudid (4mg) every 4 hours **OR**
- \_\_\_\_\_ every \_\_\_\_ hours.

Keep giving your child the ibuprofen every 6 hours. It won't hurt your child to get ibuprofen and the other pain medicine at the same time.

- 11) If your child is still having bad pain after 12-14 hours of ibuprofen and the other pain medicine, call the clinic at 720-777-6740, or call the nurse line at 720-777-4325.
- 12) If your child is doing well, keep giving both medicines for 2-5 days, and then stop the extra pain medicine. Keep giving the ibuprofen another day or two.
- 13) Have your child eat fruits and veggies when taking the extra pain medicine or take Miralax so that they don't get constipated.

### Ibuprofen Dosing Chart

Weight (lbs)	Ibuprofen Dosage (mg)
20	100
30	150
40	200
50	250
60	300
70	350
80	400
90	450
100	500
>120	600