

# Fever and Pain in Children After a Procedure

After a procedure, your child might have pain or a fever. You can give medicines without a prescription (over the counter) to help your child feel more comfortable or bring down their fever.

For information about pain in children:

- Ask your family practitioner
- Visit [tinyurl.com/ycsr4vl5](http://tinyurl.com/ycsr4vl5) or scan this QR code



For information about fever in children:

- Ask your family practitioner
- Visit [tinyurl.com/y9qr5few](http://tinyurl.com/y9qr5few) or scan this QR code



Acetaminophen (such as Tylenol® or Tempra®) and ibuprofen (such as Advil® or Motrin®) are common over the counter medicines. They can both be used for pain or fever. These medicines come in tablets, capsules or liquid.

While you can give these medicines together, there are limits to how many times and how much of each you can give.

## How many times can I give the medicine?

- Give acetaminophen at least 4 hours apart.
- Give ibuprofen at least 6 hours apart.

## How much do I give?

This depends on your child's weight. There is a limit to how much you can give in a 24-hour period. Check the medicine label or ask your pharmacist to know how much you can safely give your child. The package insert will also tell you the side effects to watch for.

## How do I keep track of what I give?

Use the tables on the next page to keep track of which medicine you give, what time you give it, and how much. This helps to make sure you do not give a medicine too often or too much.

Here is an example of how to fill out the tables.

**Note:** Use 'A' for acetaminophen. Use 'I' for ibuprofen.

Time	What did I give?	How much did I give?	Why did I give it?
6:00 a.m.	I	## tablets	Pain
7:00 a.m.	A	## mL	Fever
8:00 a.m.			
9:00 a.m.			
10:00 a.m.			
11:00 a.m.	A	## mL	Pain
12:00 p.m.			

Anytime you have any questions or concerns, talk with one of your healthcare providers.

**Call 8-1-1** (HealthLinkBC) after hours and for any other health advice.

HealthLinkBC is open 24 hours a day and available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

**Fever and Pain in Children After a Procedure - *continued***

**Date:** \_\_\_\_\_

Time	What did I give?	How much did I give?	Why did I give it?
6:00 a.m.			
7:00 a.m.			
8:00 a.m.			
9:00 a.m.			
10:00 a.m.			
11:00 a.m.			
12:00 p.m.			
1:00 p.m.			
2:00 p.m.			
3:00 p.m.			
4:00 p.m.			
5:00 p.m.			
6:00 p.m.			
7:00 p.m.			
8:00 p.m.			
9:00 p.m.			
10:00 p.m.			
11:00 p.m.			
12:00 a.m.			
1:00 a.m.			
2:00 a.m.			
3:00 a.m.			
4:00 a.m.			
5:00 a.m.			

**Date:** \_\_\_\_\_

Time	What did I give?	How much did I give?	Why did I give it?
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9:00 a.m.			
10:00 a.m.			
11:00 a.m.			
12:00 p.m.			
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3:00 p.m.			
4:00 p.m.			
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6:00 p.m.			
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10:00 p.m.			
11:00 p.m.			
12:00 a.m.			
1:00 a.m.			
2:00 a.m.			
3:00 a.m.			
4:00 a.m.			
5:00 a.m.			