

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

www.livewellsouthwest.co.uk

 Livewell Southwest

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Children's Pain Management Information & Advice



Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

Managing your child's pain effectively

We all know what pain is like. Sometimes we hardly notice it and at other times it is so severe we need help.

Your child (especially younger children) may not ask for pain relief but will perhaps show other signs or symptoms such as:

- Crying
- Agitated or irritable
- Quiet
- Holding their arm / leg
- Pale

If your child has injured themselves it is important to give regular pain relief because:

- Your child will be more comfortable
- They will get better quicker
- They will move their injured part better.

Over the counter medicines

Short term pain can be treated by painkillers that can be either supplied by the Practitioner or bought over the counter at a pharmacy, supermarket or corner shop.

Paracetamol

Paracetamol Suspension 120mgs / 5ml - for younger children

3 - 6 months: 60mg / 2.5ml 4 - 6 hourly to a max 4 doses in 24 hours

6 months - 2 years: 120mg / 5ml 4 - 6 hourly to a max 4 doses in 24 hours

2 - 4 years: 180mg / 7.5ml 4 - 6 hourly to a max 4 doses in 24 hours

4 - 6 years: 240mg / 10ml 4 - 6 hourly to a max 4 doses in 24 hours

Paracetamol Suspension 250mgs / 5ml or 500mg tablets - for older children

6 - 8 years: 250mg / 5ml 4 - 6 hourly to a max 4 doses in 24 hours

8 - 10 years: 375mg / 7.5ml 4 - 6 hourly to a max 4 doses in 24 hours

10 - 12 years: 500mg / 10ml or **one** tablet 4 - 6 hourly to a max 4 doses in 24 hours

12 - 16 years: 750mg / 15ml or **one and a half** tablets 4 - 6 hourly to a max 4 doses in 24 hours

16 - 18 years: 1gram / 20ml or **two** tablets 4 - 6 hourly to a max 4 doses in 24 hours

Ibuprofen

Ibuprofen Suspension 100mgs / 5ml - maximum 30mgs / kg daily

For all children

3 months - 1 year: 50mgs / 2.5ml 3 - 4 times a day

1 - 3 years: 100mgs / 5ml 3 - 4 times a day

4 - 6 years: 150 mgs / 7.5ml 3 - 4 times a day

7 - 9 years: 200mgs / 10ml or **one** tablet 3 - 4 times a day

10 - 12 years: 300mgs / 15ml or **one and a half** tablets 3 - 4 times a day

12 - 18 years: 2 - 400mgs / 20ml or **two** tablets 3 - 4 times a day.