

SAFE AND SOUND

Pain Management

Appendectomy Pain Management Guidelines

1. Pre-operative
 - a. Education provided by Surgeon, Nursing, and Anesthesia
 - Explanation of procedure
 - Length of NPO time (i.e. when can patient resume regular diet)
 - If there will be an NG tube or Foley or any other drains
 - Time to ambulation
 - Typical healing time and how long they can expect to have pain (3-5 days)
 - b. Preoperative assessment of pain- any history of chronic pain
 - c. Discussion of pain relieving measures available such as regional anesthesia, surgeon infiltration, anti-inflammatories and acetaminophen. Explanation to the family that we use medications/tools other than opioids for pain relief. We can also consult child life, massage if needed.
2. Intra-operative
 - a. Antibiotic prophylaxis
 - b. TAP block with local, clonidine (1mcg/kg), or intraperitoneal by surgeon with bupivacaine 0.25% (2 mg/kg) plus dexmedetomidine (1 mcg/kg), or subcutaneous infiltration with local, clonidine.
 - c. Standard anesthesia regimen with ondansetron and dexamethasone to prevent postop nausea and vomiting.
 - d. Consider IV acetaminophen and IV ketorolac or IV ibuprofen if no contraindications
3. Post-operative
 - a. Schedule IV acetaminophen and IV ketorolac or ibuprofen with a dose in the OR.
 - b. If able to take orals postop then schedule acetaminophen 10mg/kg (max 500mg) with ibuprofen 10mg/kg (max 400mg) every 6 hours. May continue scheduled acetaminophen/ibuprofen together every 6 hours for up to 5 days then as needed.
 - c. If needed oxycodone 0.1mg/kg (max 10mg) every 4 hours as needed for breakthrough pain or if unable to take orals then morphine 0.1mg/kg (max 5mg) IV for breakthrough pain until tolerating orals. Continue scheduled acetaminophen/ibuprofen.
 - d. Nursing order to provide compression pillow or heating pad

- e. Early ambulation
- 4. Discharge
 - a. If no opioids while inpatient then don't send home with a prescription for opioids.
 - b. If you do send the patient home with opioids then oxycodone for 3 days. Continue acetaminophen/ibuprofen every 6 hours for up to 5 days at home then as needed.

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