

**Royal Hospital for Women (RHW)
GUIDELINE
COVER SHEET**



Health
South Eastern Sydney
Local Health District

T23/86699

NAME OF DOCUMENT	Post-operative Pain Management Guidelines- Laparoscopy- Benign Gynaecology (2023)
TYPE OF DOCUMENT	Clinical Guideline
DOCUMENT NUMBER	RHW GUID004
DATE OF PUBLICATION	22/12/23
NATIONAL STANDARDS	Standard 4 Medication Safety
RISK RATING	High
REVIEW DATE	December 2026
FORMER REFERENCE(S)	Post-operative Pain Management Guidelines Laparoscopy (2021)
EXECUTIVE SPONSOR	<i>Leonie Watterson, Co-Director Anaesthesia, RHW</i> <i>Craig Hargreaves, Co-Director Anaesthesia, RHW</i>
AUTHOR	Preetha Pradeep, CNC, Acute Pain Service, RHW Preetha.Pradeep@health.nsw.gov.au Louise McDonald, CNC, Acute Pain Service, RHW Louise.mcdonald@health.nsw.gov.au
SUMMARY	These guidelines are for post operative pain management of gynaecology patients undergoing benign laparoscopic procedures- not to be used as a protocol, but for reference only.

Post-operative Pain Management Guidelines-
Laparoscopy- Benign Gynaecology (2023)

RHW GUID004

**POST OPERATIVE PAIN MANAGEMENT GUIDELINES
(Laparoscopy - Benign Gyne) (2023)**

*These guidelines are for reference only and should not be used as protocol.
While consistency in prescribing minimises medication risks the Anaesthetist should use their own
discretion when managing the patient's individual needs.*

Timing	Medication	Dose	Notes
RECOVERY	PACU PAIN PROTOCOL	As Per Protocol	
POST OPERATIVE			
<i>Regular</i>	Paracetamol	1g q6h	
	NSAID (e.g. Ibuprofen/diclofenac/Cox2)	As recommended	For 24 hours - 72 hours (Unless contraindicated)
	Aperient e.g. Coloxyl (with Senna) Movicol, Normicol	As recommended	
<i>PRN</i>	Either Oxycodone (IR)	5-10 mg q3-4h	
	&/or Tramadol (IR)	50-100mg q3-6h	MAX Daily Dose 400mg includes Reg. SR Dose
	&/or Tapentadol (IR)	50-100mg q4-6h	MAX Daily Dose 600mg includes Reg. SR Dose
	Naloxone	As per protocol	
	Antiemetic - e.g. ondansetron, metoclopramide, cyclizine	As recommended	
DISCHARGE	Paracetamol	1 gram q6h	
	NSAID or Cox2	50 mg q8h	
	+/- Tramadol (IR)	50-100mg q3-6h	
	or Tapentadol (IR)	50-100mg q4-6h	
	Aperient e.g. Coloxyl (with Senna) Movicol, Normicol	As recommended	

DO NOT prescribe SR Opioids for Discharge

Avoid prescribing oxycodone for discharge

Please ensure discharge advice is provided verbally by either nurse, SRMO, APS or Pharmacy.

Supply "Pain Management after Surgery" leaflet

If APS review is done and yet adequate relief has not been obtained after one hour, please contact APS on 44937 or Anaesthetist on 45253/4.

**Post-operative Pain Management Guidelines-
Laparoscopy- Benign Gynaecology (2023)**

RHW GUID004

Revision	Approval History
1	Approved by District DTC on 02/11/23 Last reviewed 18/10/ 2023 by Acute Pain Services
1	Endorsed RHW Safety and Quality Committee 21/12/23