

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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Adult Pain Management Information & Advice



Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

Managing your pain effectively

Pain is defined by the International Association for the study of pain as '*an unpleasant sensory and emotional experience arising from actual or potential tissue damage or described in terms of such damage*'.

Physical pain can vary greatly - mild, sharp, severe, dull or an ache, and can attack muscle, bones and joints.

Therefore pain is complex and subsequently there are many treatment options.

Your injury has caused acute pain that will gradually improve as your injury heals and rarely becomes chronic.

Pain relief

Short term pain relief can be achieved by medications and non-pharmaceutical measures.

Several important principles guide the successful management of pain.

1. Prevent pain whenever possible by taking analgesia / painkillers regularly, that can be either supplied by the nurse practitioner, emergency care practitioner or bought 'over the counter' at the pharmacy, supermarket or corner shop.
2. Try to achieve a level of comfort that allows adequate function by:
 - Breathing exercises
 - Elevating the injured limb
 - Applying covered ice to the affected area for 10 minutes every two hours whilst you are awake
 - Mobilising affected joints

CO-CODAMOL 8 / 500mgs

Take two tablets four times a day but no more than 8 in 24 hours.

OR

PARACETAMOL 500 mgs

Take two tablets four times a day but no more than 8 in 24 hours.

IBUPROFEN 200 mgs

Take two tablets three times a day.

You can, if directed by the practitioner, take Paracetamol with Ibuprofen taken in between.

