



Bath & North East Somerset, Swindon and Wiltshire

Maternity & Neonatal Voices

Working in partnership to improve maternity services

NHS

Salisbury

NHS Foundation Trust

Managing pain relief after birth



After having your baby, you may experience some pain or discomfort. Managing this well can aid your recovery and help you care for your baby.

On our postnatal wards, most people are supported to self-administer their own pain relief.

Self administration means:

You keep your own pain relief with you

You take it yourself at the right time and right dose

You can tell staff if your pain is not controlled

Bring your own Paracetamol & Ibuprofen

Keeping you and your baby safe

- Let the staff know if you are happy to self-administer your medication or if you would prefer this to be managed by staff
- Lock boxes are provided for you to store your medication
- Prescribed medication including any additional pain relief required will be brought to you by staff
- We are here to support you — **you do not need to manage pain alone.**