

Continuous incisional infusion of local anaesthetic (CIILA) solution for post-operative pain relief following abdominal surgery

This leaflet outlines one of the ways in which your child may have their pain controlled following an operation. Your child's surgeon and anaesthetist will discuss this method with you before an operation if it is appropriate for your child.

Introduction

Pain relief is very important after any surgery. Good pain relief results in a quicker recovery. The standard drug used for pain relief after major surgery is morphine. With close monitoring, morphine is a safe drug but can still cause side effects including nausea (feeling sick), itching, constipation and, in very rare instances, problems with breathing requiring emergency treatment.

What is CIILA?

CIILA is a specialised technique of pain relief which may be used following surgery on the abdomen (tummy). This method of pain relief continuously delivers a local anaesthetic (LA) into the wound using by a very fine tube.

How does it work?

A very fine tube is placed within the surgical wound by the surgeon during the operation. The tube is attached to a pump which automatically delivers LA at a pre-set rate into the wound according to your child's weight, for a maximum of 48 hours. The LA blocks the pain in the area of the surgical wound. This reduces the need for stronger painkillers like morphine, which has more side effects.

Who will look after my child?

The ward nurses will closely monitor your child and assist you to care for your child while the wound infusion is in progress. A specialist pain nurse will review your child each day.

Will my child receive other pain relief?

The nurse will assess the amount of pain your child is in, using a scoring system, and administer other pain relief along with CIILA. This could include paracetamol. They work together to improve the level of pain relief. If CIILA is not fully effective at relieving pain, your child will be given an alternative pain relieving medicine. This is usually intravenous morphine (via patient controlled analgesia (PCA) or nurse controlled analgesia (NCA)) which works very quickly. The nurse will decide how long your child can be on pain relief, depending on what surgery they have had and how they respond, but the tubes may remain in place for up to 48 hours after the surgery.

How is the tube removed?

Following review by the Acute Paediatric Pain Service, the nurse will slowly remove the tube. Removing the catheter is not painful. Sometimes removing the dressings can be uncomfortable, but we can minimise this discomfort by wetting the dressings.

Are there any side effects or risks?

There are side effects associated with all methods of strong pain relief including nausea, vomiting (being sick), itching, constipation, reduction in the rate of normal breathing, and allergic reactions. Each child reacts differently – some have serious side effects and some have no side effects at all.

With any type of LA injection or infusion there is a small risk of bleeding, infection, or more complicated side effects, but your child will be monitored closely to detect even early signs of them.

What pain relief will be given when the infusion is finished, or if LA cannot be given?

When the LA infusion is finished, your child may still need regular pain relieving medications. These may include paracetamol, ibuprofen, dihydrocodeine or even morphine. Your nurse will be able to tell you which pain relief your child is having. If your child has an allergy to LA, wound infusion may not be possible. In these situations the anaesthetist will discuss a suitable alternative with you to keep your child as pain free as possible.

Contact us

Call the hospital switchboard on 020 7188 7188 and ask for the bleep desk. Ask for bleep 1684 and wait for a response. This will connect you to the Acute Paediatric Department directly.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline. **e:** letstalkmedicines@gstt.nhs.uk
t: 020 7188 3003 10am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

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