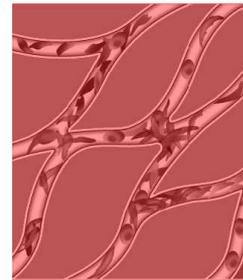


Be Aware of Some Problems That Can Arise In Your Child with Sickle Cell Disease

Pain

What you need to KNOW:

- Sickle cells cannot move easily through a person's body. These cells can get stuck in small blood vessels, damage and scar large blood vessels, and block the flow of blood.
- When blood flow is blocked, tissue becomes inflamed and this may cause pain.



What you need to DO:

- There are some things you can do every day to help prevent pain for your child:
 - Make sure your child drinks plenty of liquids, has a healthy diet, and gets plenty of rest.
 - Keep your child away from people with infections as much as possible.
 - Make sure your child's body does not become too hot or too cold.
- Even if you do all these things, your child may still have a pain episode. If your child has a pain episode follow these guidelines to treat the pain at home:
 - Call your child's doctor for advice.
 - Give your child plenty of liquids.
 - Put a warm wet washcloth on the area that is hurting.
 - Make sure your child gets enough rest.
 - **Give your child pain medications that your doctor recommends.**
 - If your child has mild or moderate pain and no fever, your child's doctor may tell you to give your child medicines, acetaminophen (Tylenol[®]) or ibuprofen (Motrin[®], Advil[®]).
- If your child has severe pain, you will need to see a doctor.
- You should take your child to the doctor if the:
 - pain that does not get better at all after you give your child medicines at home.
 - pain lasts longer than usual (several days).

Sometimes it can be hard to know how much pain your child has.

- It might help to use the pictures below.
- Tell your child what each face means. Ask your child to show you the face that “hurts as much as you do right now”.



Credits



**National Coordinating
and Evaluation Center**

Sickle Cell Disease and Newborn Screening Program

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Newborn Screening Program**



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"Break The Sickle Cycle"SM

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