



# Pain Fact

## Ibuprofen is better than morphine for injuries of the muscles and bones

Sprains and fractures (broken bones) can **cause a lot of pain**

Ibuprofen has **fewer side effects** than morphine

Ibuprofen works **just as well as morphine** to treat children's pain from a fracture (broken bone)

Ibuprofen should be used **along with other non-medicine treatments** like ice, distraction and rest

Most kids need pain medicine for **only the first 3 days** after an injury

If your child still has a lot of pain after taking ibuprofen, **tell a health professional.**



**Scan here!**

For additional information, tools, and to provide feedback on the effectiveness of resource

[linktr.ee/youthinpain](https://linktr.ee/youthinpain)

Production of this document has been made possible through a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



Youth in Pain solutions for effective opioid use

[kidsinpain.ca](https://kidsinpain.ca)

#ItDoesntHaveToHurt

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