



Chesterville Day Hospital

28 Chesterville Road, Cheltenham VIC 3192

t: (03) 9585 3777

e: frontdesk@chestervilledayhospital.com.au

www.curagroup.com.au/hospital/chesterville-day-hospital

Additional information for parents of children

As soon as your child feels hungry you may allow them to eat and drink, but avoid large meals and spicy foods. Your child may drink freely.

If he/she does not feel like eating, it is important to encourage them to drink fluids.

For twenty four hours after the operation your child should not:

- Ride a bike or scooter
- Play on gym equipment
- Participate in sport

Your surgeon will inform you when your child may return to school and sporting activities.



Important Information

for parents with children coming into hospital and having surgery

What is an anaesthetist?

Anaesthetists are specialist doctors who are responsible for providing anaesthesia to patients for operations and procedures.

How can you help your child prepare for surgery?

Help your child know what to expect. Any questions your child asks should be answered simply and truthfully. Parents sometimes do not do this to protect their child, unfortunately this can result in added distress for your child.

Bring in any special toys or comforters.

Reduce your own anxiety, this is important to minimise your child's distress - children rapidly sense when a parent is anxious or upset.

Why does my child have to fast?

Fasting is necessary to reduce the risk of food or fluid being vomited under anaesthesia and inhaled into the lungs. You will receive specific information about fasting times prior to surgery from one of our nurses or the anaesthetist. It is very important that you stick to these times. As difficult as it may be, try not to fast with your child. You will need your energy to give them support after surgery.

What happens in the Operating Theatre?

Many children stay relaxed if a parent goes with them into theatre. Therefore one parent will be present with their child right until they fall asleep.

Watching your child go to sleep can be upsetting and stressful. Children often roll their eyes, twitch, snore, require some gentle restraining, or go very limp. This is all perfectly normal. The anaesthetist will let you know when it is time to leave. It is very normal to feel upset and teary. Your child will be in safe care. The anaesthetist is with your child the entire time. Our staff will happily make you a tea or coffee whilst you wait to be called into Recovery.

What happens in Recovery?

At the end of the procedure, the anaesthetist takes your child into the recovery area where specially trained nurses closely monitor your child as consciousness returns. One parent can come in and be with their child, once they are awake.

Every child is different when waking up. Some wake up very calm. Others wake up crying. Most distress is due to awaking in an unfamiliar place and will settle with reassurance and a parent.

In rare situations, children wake up extremely distressed. This is medically termed as 'emergence delirium' this is a circumstance which occurs mainly in young children as they emerge from anaesthesia. It is not due to pain. This may last for an extended period of time. Please be assured that this will pass with time, reassurance from yourself, the nursing staff and the anaesthetist.

Your child will have a device in their hand or foot called a cannula. There are reasons that it is there. Mainly to give pain relief and drugs for nausea if required to do so. Most children do not like to see this device. It will be wrapped in a colourful bandage. Please be aware that this is not painful for them. It will be removed when they are stable and tolerating fluids. For overnight patients, it will be removed the next morning before they leave.

What happens next?

Your child, once stable in the first stage of recovery, will be transferred to reclining chairs in the next stage of recovery, or to the ward if staying overnight. Here your child can relax and watch Television. They can also now drink and eat if they want and are ready too.

Discharge from day surgery usually occurs 1 - 2 hours after leaving the first stage of recovery. Your child needs to be tolerating fluids and be stable.

Your child will be given pain relief if and when required. Your child should not be in excessive pain on discharge.

The nurses will give you all the post op information including their care and analgesia on discharge.

You are usually seen by your doctor/surgeon prior to leaving.

We look forward to meeting you and visiting our hospital, we hope it will be a pleasant experience. Please do not hesitate to contact one of our friendly nurses if you have any questions or concerns.

See you soon!