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INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

FOLLOWING GENERAL ANAESTHESIA



Your child received a general anaesthetic today. This information sheet aims to provide you with advice about how to care for your child once you are at home.

It is very important that your child is supervised by an adult until they have fully recovered from the anaesthetic. Children may be drowsy, experience dizziness or be unsteady on their feet 4-6 hours after an anaesthetic.

EATING AND DRINKING

- Your child will have been fasting for some time, so you should encourage your child to drink plenty of fluids. Please avoid giving your child too many fizzy drinks.
- A light diet may be given once your child has taken fluids and feels hungry for food.

PAIN RELIEF

- A breathing tube was used to assist your child with breathing during the procedure. As a result, your child may have a sore throat or hoarseness but this usually resolves within 24 hours.
- Depending on the procedure performed, your child may have some soreness or pain, which is usually of a minor nature. Your nurse will give you a pain advice leaflet, advising you what pain medications you may give your child and the times their next dose is due.
- Distracting your child, with DVD's, games or TV may also help take their mind off any pain or discomfort.

ACTIVITY

- Quiet activity is recommended for the rest of the day and your child should avoid swimming, riding a bike or other sports until they have returned to their normal level of alertness.
- Be mindful on your journey home, that some children may experience travel sickness after receiving a general anaesthetic.
- Some children may feel well enough to attend school / creche the day after their anaesthetic, whilst others may need another day before they are full recovered.
- As a parent, you are the best judge but if you have any concerns, please discuss this with your nurse.

REASONS TO SEEK MEDICAL ADVICE FROM YOUR GP OR NEAREST EMERGENCY DEPARTMENT:

- Your child has vomited more than twice and is unable to eat or drink anything.
- Your child has pain, which is not relieved with medications and / or distraction.
- Your child has a high temperature of 38°C / 100.4°F or higher.
- Your child has not passed urine by the next morning and /or is in discomfort.
- Your child has not returned to their normal level of alertness within 24 hours.



Our Lady's Children's Hospital, Crumlin, Dublin 12

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FOLLOW UP CARE

The nurse caring for your child, will advise you of any follow up appointments, prior to discharge.

PRESCRIPTION	
Yes	
No 🗆	

Remember:

Ask your nurse if you are unsure about anything about your child's care.

Additional instructions

Developed by Marian Vaughan CNF
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