

## 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.

