

Addenbrooke's Treatment Centre

Information for children having had general anaesthesia

Rest and activity

- Children should rest at home for the next 24 hours with a responsible adult caring for them. Following the anaesthetic, children may tire easily and their co-ordination may be affected.
- Allow them to gradually increase their activity until they feel back to normal. Their sleep pattern may be altered for the first 24-48 hours.

Eating and drinking

- Children can eat and drink normally when they get home but you might find their appetite is small at first.
- Often plenty of drinks are all they require for the first 24 hours, after which time their appetite should be back to normal.

Pain relief

- You should give your child regular Calpol (Paracetamol) to relieve pain. If the pain is not relieved by this, contact your GP. Other pain relief may be prescribed for you to take home.

Wound healing

- You should seek medical advice from your GP if:
 - The amount of pain in your child's wound gets worse
 - The amount of redness or swelling around your child's wound gets worse
 - If you notice an smelly, yellowish discharge or pus from your child's wound

Bathing and showering

- Children may require extra assistance when having a bath as they may feel dizzy or light-headed. If any restrictions regarding baths are necessary, you will be given this advice.

School and leisure activities

- Return to school or playgroup will depend on the type of operation your child has had.

- Do not allow children to cycle; participate in any strenuous activities or sports for 24 hours following their operation.

Observe any other precautions which the surgeon or anaesthetist may advise.

Further Information

If you are worried about your condition, contact one of the following:

- | | |
|-----------------------------------|--------------|
| 1. Addenbrooke's Day Surgery Unit | 01223 256330 |
| 2. Ely Day Surgery Unit | 01223 652279 |
| 3. Your Consultant's registrar | 01223 245151 |
| 4. Your General Practitioner (GP) | |

Special Instructions:

Follow up arrangements:

Medications:

Dressings:

Stitches:

Please ask if you require this information in other languages, large print or audio format:
01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माळिती बीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभजी शकाय जेवा माध्यम
(ओडीओ डोमेट)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بگہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر . بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگراپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو برائے مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800
169 0 169

Document history

Authors	Day Surgery Unit
Department	Day Surgery Unit, Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.addenbrookes.org.uk
Contact number	01223 256330
Published	May 2007
Review date	May 2009
File name	Childs ga.doc
Version number	1
Ref	181