

## 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 and judgement 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 to 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 Paracetamol (Calpol) to relieve pain. If your child can take ibuprofen, then this should also be given regularly for a few days. Please ask your nurse or doctor before you leave if you are unsure.
- Other pain relief may be prescribed for you to take home
- If the pain is not relieved by this, contact your GP.

### Wound healing

- You should seek medical advice from your GP if:
  - The amount of pain from 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.
- Children's judgement may be affected for 24 hours. You should ensure that your child is safe with tasks such as crossing the road, making a hot drink or taking a bath/shower.

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           | 01353 652279 |
| 3. Your Consultant's registrar    | 01223 245151 |
| 4. Your General Practitioner (GP) |              |

## Special Instructions:

### Follow up arrangements:

### Medications:

### Dressings:

### Stitches:



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

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

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশন' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

### Document history

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