

Perioperative Care

Advice for young persons having an operation

You have been admitted to a children's ward to have an operation.

What will happen before my operation?

- Before your operation a surgeon and an anaesthetist (the person who gives you the medicine to go to sleep) will come and see you and ask you some questions.
- You can wear your own pyjamas or you will be given a gown to wear which you can change into just before it is time for your operation.
- You will need to have a cannula (a small plastic tube) inserted into a vein, usually on the back of your hand. The cannula sits in the vein and allows medicines or fluid to be given directly into your body. Before you have this you can have some cream put on the backs of your hands called 'Emla cream', which makes this area feel numb. This cream will stay on for about one hour. While you have this cream on you will still be able to use your hands.
- When it is time for your operation, a member of the theatre team will come and collect you. They will push you on your bed to the anaesthetic room or you can walk if you prefer to. This is where you will go to sleep for your operation.

What will happen in the anaesthetic room?

- One parent or an adult can come into the anaesthetic room with you, along with your ward nurse, until you are fast asleep.
- Before you go to sleep the anaesthetist will need to insert a cannula, usually into the back of your hand. This is so the anaesthetist can give you the anaesthetic to go to sleep.

What happens after my operation?

- You will wake up in a large room called recovery. A nurse will look after you.
- When you start to wake up, the nurse looking after you can get your parent(s) or adult visitors to come and sit with you in recovery if you want them to.

- When you wake up, you may have a mask over your mouth and nose giving you some special air called oxygen.
- You will have a soft, spongy 'peg' on your finger or toe. This will tell your nurse how well you are breathing air into your body and how fast your heart is beating.
- Depending on your operation you may be allowed to have a drink in recovery.

What happens if I feel sore?

- If you are sore, tell the nurse who is looking after you. They will be able to give you some medicine to help.

What happens if I feel sick?

- If you feel sick when you wake up, then tell your nurse and they can give you some medicine to help you feel better.

When will I go back to the ward?

- When you are awake and feeling comfortable, your ward nurse will be called to collect you from recovery. Once your nurse has come to recovery, you will then be pushed back to the ward on your bed by a theatre orderly.
- Once you arrive back on your ward you will be offered something to eat and drink.
- Once you have been to the toilet and had something to eat and drink you will be able to go home unless you have been told otherwise.
- The nurse will remove the cannula from your hand (unless it needs to remain) and will put a small plaster on if need be.

For further information, please speak to your ward nurse.

We hope you have a pleasant experience here with us at Addenbrookes



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



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