

Your child's discharge from the Day Surgery Unit

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

Recovery from general anaesthetic

Ensure that your child takes it easy for the remainder of the day and has a quiet day tomorrow. It is not unusual for your child to feel tired for the next few days. If it is a school week, your child will need the next day off and must have an adult with him/her during this time. The doctor or nurse will advise if your child needs longer off of school. This will depend on what operation your child has had.

Occasionally children may feel sick or even vomit after they have left hospital, especially during the car journey home. Ensure that your child drinks plenty of fluids as this will help your child recover more quickly.

Your child may have possible side effects from having anesthesia such as nausea and dizziness and so should not have a bath or shower for 24 hours post operatively.

It is normal for your child to experience some pain. Drugs containing paracetamol, e.g. Calpol, are suitable. Ibuprofen can be given in addition to paracetamol if your child has had no adverse reactions to ibuprofen. Do not give more than the recommended dose for your child's age group.

If your child has severe pain or bleeding please contact your GP. However if these symptoms occur within the first 24 hours you can take your child to A&E.

Paracetamol last given:

Date: Time: Next due:

Give 4 to 6 hourly. Maximum of 4 doses within 24 hours.

Ibuprofen last given:

Date: Time: Next due:

Give 6 to 8 hourly. Maximum of 3 doses within 24 hours.

Further information

Day Surgery Unit

Tel: 01271 322455

Caroline Thorpe Ward

Tel: 01271 322704

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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