

Care of your child after their operation

Caroline Thorpe Ward
Tel: 01271 322704

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

Pain

Your child may experience some mild pain or discomfort following discharge from hospital. If pain relieving drugs are not prescribed on your child's discharge, you may give your child drugs containing Paracetamol, such as Calpol. This may need to be given regularly for the next couple of days. If the pain does not improve or is severe, please consult your child's GP.

- Do not give more than the stated dose
- Do not give medicines containing Aspirin to children under 12 years

Dressings/stitches

Your child's dressing should stay in place fordays. If it has not peeled off within this time, you may gently remove this yourself. Please ensure you wash your hands before and after doing this. If the dressing needs replacing, your nurse will give you some dressings for you to change yourself, or your nurse might refer your child to the Children's Community Nursing Team.

If your child has any stitches or clips, your nurse will tell you if these need to be removed and will tell you when and who will need to remove them.

Washing/bathing

Showers are preferable to baths as your child's wound should not be soaked in water. If you don't have a shower, a shallow bath may be taken. After bathing or showering, the wound area should be patted dry with a clean towel.

Activity

Children vary in their speed of recovery, but as a general guide we would suggest that your child should stay off school for about day(s)/week(s). Gentle mobilisation is encouraged, but your child should avoid games and contact sports for about day(s)/week(s).

Follow up

Not all children require a follow-up appointment. If your child's consultant thinks one is necessary, the date and time for this will be given to you on discharge or sent to you in the post.

Additional care

Sometimes children are prescribed antibiotics or other medicines after their surgical procedure. Any prescribed medicines will be given to you and explained to you before you go home.

If your child develops signs of infection such as any unusual or unpleasant discharge from the wound, redness or swelling around the wound, or if your child develops a temperature, please contact your GP or Community Children's Nurse.

If problems occur, or if you are concerned and would like a hospital review, please contact the consultant's secretary who will be happy to help (the secretary can be contacted via the hospital switchboard).

Further information

For further information or advice, please ring your GP or Caroline Thorpe Ward on **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 e-mail 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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