



Welcome to
Southbank Day
Surgery!!



Telephone: 08 9368 7344

Email:
admin@southbankdaysurgery.com.au

Mon to Fri 6:30am - 5:00pm

Additional information for parents of children once home

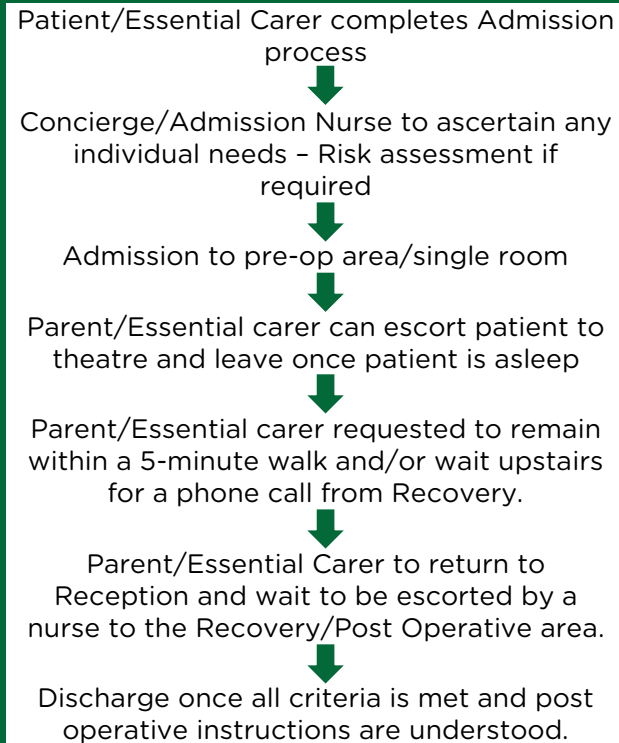
As soon as your child feels hungry you may allow them to eat and drink, but avoid large meals and spicy foods. Your child may drink freely.

If they do not feel like eating, it is important to encourage them to drink fluids.

For twenty-four hours after the operation, your child should not:

- Ride a bike or scooter
- Play on gym equipment
- Participate in sport

Your surgeon will inform you when your child may return to school and sporting activities.



Southbank
Day Surgery



Important Information
for parents with children
having surgery.

One Parent/Essential Carer only

As we are a small day hospital, we request that only one parent accompanies their child. This is also an infection control measure for staff, patients and parents/essential carers.

What is an anaesthetist?

Anaesthetists are specialist doctors who provide anaesthesia to patients. They help people go to sleep for their operation.

How can you help your child prepare for surgery?

Help your child know what to expect. Any questions your child asks should be answered simply and truthfully. Parents sometimes do not do this to protect their child, unfortunately, this can result in added distress for your child.

Bring in any special toys or comforters.

Reduce your own anxiety, this is important to minimise your child's distress. Children quickly sense when a parent is anxious or upset.

Why does my child have to fast?

Fasting is necessary to reduce the risk of food or fluid being vomited under anaesthesia and inhaled into the lungs. You will receive specific information about fasting times prior to surgery from one of our nurses or the anaesthetist. It is very important that you stick to these times. As difficult as it may be, try not to fast with your child. You will need your energy to give them support after surgery.

What happens in the Operating Theatre?

Many children stay relaxed if a parent goes with them into theatre. Therefore, one parent will be present with their child right until they fall asleep.

Watching your child go to sleep can be upsetting and stressful. Children often roll their eyes, twitch, snore, require some gentle restraining, or go very limp. This is all perfectly normal. The anaesthetist will let you know when it is time to leave. It is very normal to feel upset and teary. Your child will be in safe care. The anaesthetist is with your child the entire time.

What happens in Recovery?

At the end of the procedure, the anaesthetist takes your child into the recovery area where specially trained nurses will closely monitor your child as consciousness returns.

Every child is different when waking up. Some wake up very calm. Others wake up crying. Most distress is due to waking up in an unfamiliar place and they will settle with assurance and a parent.

In rare situations, children wake up extremely distressed. This is medically termed as 'emergence delirium' this is a circumstance which occurs mainly in young children as they emerge from anaesthesia. It is not due to pain. This may last for an extended period of time. Please be assured that this will pass with time, reassurance from yourself, the nursing staff and the anaesthetist.

Your child will have a device in their hand or foot called a cannula. There are reasons that it is there. Mainly to give pain relief and drugs for nausea if required to do so. Most children do not like to see this device. It will be wrapped in

a colourful bandage. Please be aware that this is not painful for them. It will be removed when they are stable and tolerating fluids.

It is normal for your child to be drowsy. Be aware that their balance may not be 100% when they first go home. This will become less and less over the next 24 hours.

What happens next?

Once your child is stable and awake in recovery, you will be called down to be with them. Here, your child will be offered icy poles and fluid whilst recovering. Your child will be given pain relief if and when required.

Discharge from day surgery usually occurs after 1½ - 2 hours. Your child needs to be tolerating fluids and be able to walk with minimal assistance.

Nursing staff will go through the discharge information and medication with you during this time. You are usually seen by your doctor/surgeon prior to leaving. We will make sure you have no concerns before you leave.

We look forward to meeting you and we hope it will be a pleasant experience. Please do not hesitate to contact one of our friendly nurses if you have any questions or concerns.

