

BUXTON WARD

Important Information for Parents/Carers about Your Child's/Young Person's Operation

General information

Your child's appointment for surgery is on

If your child is unable to keep an appointment, please inform the Waiting List Co-ordinator on 01603..... so that an alternative appointment can be arranged.

Before your child's operation

Our aim is to make your child's stay as pleasant as possible. Parents/carers are encouraged to stay with their child on Buxton Ward.

Please bring any prescribed medication that your child is taking and any pain relief medicine you usually use for your child.

Your child can continue to take any medication as usual before they come into hospital, unless their surgeon, anaesthetist or assessing nurse has asked them not to.

Please bring a bottle of water with you, as they will be able to drink 30mls water every hour before your procedure.

Please bring two-piece pyjamas, with a spare pair in case they are needed and slippers for your child to change into. Please also bring your child's favourite toy, dummy, or other comforter.

On the day of your child's operation for General Anaesthetic or Sedation, please follow the instructions below:

For children/young people

- **For a morning operation – your child must have nothing to eat from midnight, then only clear fluids until 7.00am. After 7.00am, nothing to eat or drink.**
- **For an afternoon operation – your child may have a light breakfast which must be completed by 7.00am and then clear fluids until midday. After midday nothing to eat or drink.**

(If your child is having a colonoscopy please follow the procedure specific information regarding food and fluids.)

For babies

- **For a morning operation – your baby must not have solid food after midnight but may have formula milk feed (eg. SMA) provided this is completed by 2.00am. If breast feeding, this should be completed by 4.00am. Then clear fluids until 7.00am. After 7.00am, nothing to eat or drink.**
- **For an afternoon operation – your baby may have a light breakfast which must be completed by 8.00am, including formula milk feed (eg. SMA). If breast feeding, last breast feed must be completed by 9.00am. Then clear fluids until midday. After midday, nothing to eat or drink.**

Definitions:

Clear fluids - plain water or orange / lemon squash. Please do not let your child have any fizzy drinks, fruit juices or milk.

Light breakfast - cornflakes or similar, toast or bread. No porridge or cooked foods.

Your child should not eat chewing gum or sweets after midnight for a morning operation or after 7.00am for an afternoon operation.

It is important to follow these instructions to prevent any food or liquid in your child's stomach coming up into the back of their throat during their anaesthetic, which could damage their lungs.

About your day

Your child may need to wait before their operation. Toys, books, games etc. are provided and there is a television and a video with a choice of suitable films. Your child is invited to bring in their own equipment such as a phone or tablet device to access free Wi-Fi, which is available by searching for 'NNUHT Public Wifi'. Please note your own equipment should be kept safe and is your responsibility.

Shortly after arrival the 'magic' cream will be put on the back of your child's hand(s). This will numb the skin as an injection is usually used to give your child their general anaesthetic.

Before your child's operation, you will see the surgeon and the anaesthetist, and you will be asked to sign a consent form (this may have already been completed at your pre-assessment appointment or in clinic). If you are not the child/young person's parent/legal guardian, you may not have parental rights to sign the consent form. Please check this prior to admission. If in doubt, please contact the Paediatric Team for advice on **01603 287405**

A member of staff will walk you and your child to theatre. One parent/carer is encouraged to stay with their child whilst the anaesthetic is being administered. As only one parent/carer is allowed into the anaesthetic room, please decide who this will be prior to admission, as this can be upsetting for all if left to the last minute. When your child is asleep, a member of staff will show you back to the ward.

After the operation your child will be transferred to the recovery room where they will stay until they are sufficiently awake to return to the ward. The recovery staff will inform you when your child is settled and when you will be able to go to the recovery area.

When your child returns to the ward, they will be given something to eat and drink when the nurse feels he/she is ready. We can provide bread, toast, biscuits, yoghurt, jelly, fruit squash and milkshake. If your child has any dietary requirements, please bring in suitable food and drink but please note we do not have storage facilities for these. When your child has recovered sufficiently, the nurse will help him/her out of bed and you will be able to help them get dressed.

The anaesthetist will give medications to help with any pain and will discuss with you a plan to manage your child's pain after the operation. Your child's pain will be assessed regularly and we would encourage your child and yourself to highlight if pain relief is required.

When your child is ready to go home you will be given a discharge letter. You are advised to ring Buxton ward **01603 287405** if you need help or advice overnight. Advice on how soon your child should return to school will be given on the day of their operation.

Discharge home

For at least 24 hours following a general anaesthetic or sedation your child should:

- Rest as much as possible.
- Not go to school, play school or nursery.
- Be supervised by a responsible adult.
- Not cycle or go out unaccompanied.

Hospital facilities

Shops

- WRVS shop (East Atrium level 1 – open 8.00am-8.00pm)
- WHSMITHS (outside outpatients West – open 7.00am-9.00pm weekdays, 9.00am-6.00pm weekends)
- Coffee shop (outpatient East – open 9.00am-5.00pm weekdays only)
- Coffee shop (outpatients West – open 9.00am-5.00pm weekdays only)
- Large WRVS coffee shop (outside outpatients East – open 7.00am-1.00am)

Further information

Leaflets are also available on the following. Please ask if you would like a copy.

- * MRSA
- * Herbal Remedies and Surgery
- * Head lice

If you have any other questions, or require more information prior to your treatment, either contact Buxton Ward on **01603 287405**, or look on any of the relevant websites listed below.

Useful websites:

NHS Choices

Tel: 111

Web address: www.nhs.uk

British Association Day Surgery

Tel: 0207 9730308

Web address: www.daysurgeryuk.org

Royal College of Anaesthetists

Web address: <https://www.rcoa.ac.uk/patientinfo>

