



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

**Children Attending  
Day Surgery Unit**

Assessment Nurse: .....

Date of Assessment: .....

Your Child's Name: .....

Your Child's Operation: .....

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Your Child's Appointment Date is: .....

Please Arrive at: .....

**YOUR CHILD'S APPOINTMENT WILL BE SENT TO YOU**

Special Considerations: .....

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## **What should I do if there have been any changes since my child's assessment?**

It is important you speak with the nurse on the unit if your child:-

- Has been in hospital or their health has changed.
- Has been prescribed tablets, medication or inhalers by the GP.
- No longer has social backup at home/other difficulties.

Please do this as soon as these changes occur and before your child comes into hospital for surgery.

## **What should I do if my child is unwell and I am unsure whether to keep my child's appointment?**

Your child needs to be fit and well on the day of surgery. If your child becomes ill, has a cold, has been in contact with anyone who has had an infectious illness e.g. chicken pox, or you are unsure if your child is well enough for surgery, please contact the nurses for advice.

## **What do I need to do before coming into hospital?**

**You need to ensure your child is starved because of the anaesthetic.**

- If your child's appointment is for 7:30am

After midnight the night before, he/she must have nothing to eat or drink, with the exception of WATER until 6:30am.

- If your child's appointment is for 12:30pm

After 7:00am on the morning of surgery, he/she must have nothing to eat or drink, with the exception of WATER until 11:30am. You are advised to give your child a light breakfast before 7:00am, such as a drink and cereal or toast.

**PLEASE NOTE:** CHEWING GUM/SUCKING SWEETS, MINTS ETC., ARE CLASSED AS EATING.

## **Your child needs to come in prepared for surgery**

- You need to bath or shower your child the night before or the morning of the operation.
- Any jewellery, children's nail polish, make-up needs to be removed.
- Your child should take any prescribed medicines/inhalers on the day of his/her surgery **YES / NO**  
**Please bring these with you**
- Bring your child's dressing gown and slippers along with you. If it is a morning appointment your child can be brought to the unit in his/her night clothes. \*Bring cotton pyjamas/top and shorts **YES / NO**
- Favourite toys, games, books etc., can be brought with you. It is better not to bring expensive toys as they may be lost or stolen.

### **What will happen when we arrive on the unit?**

When you arrive, please wait in the reception area. The nurse will call you into the unit and you will be allocated a cubicle area where your child can dress. The nurse will admit your child and will answer any questions you have. A local anaesthetic cream is put onto the back of your child's hand in preparation for his/her anaesthetic later that morning/afternoon.

The surgeon will see you and your child and will ask you to sign a consent form for your child's operation, if you have not already done so. If you have any questions or worries about the operation please ask the surgeon.

The anaesthetist will see you and your child and will ensure he/she is in good health. If you have any questions or concerns about your child's anaesthetic please ask.

A member for the theatre team will come to escort your child into theatre when it is their turn. In the majority of cases, you will be able to accompany your child into the theatre and stay with him/her while they go to sleep. The theatre team will be with you and will continue to look after your child throughout his/her operation.

## **What happens after my child's operation?**

After the operation we will keep your child in the recovery area for a short time. The nurses will ensure he/she is comfortable. As soon as your child starts to become aware of their surroundings, we will call you back into the unit, so you can be together for the rest of your stay.

You will be encouraged to take an active role in your child's aftercare, under the supervision of the nurses. This should help you feel more confident when you take your child home.

Your child will be given sips of water initially, followed by squash and biscuits when he/she is ready. Your child's wound will be checked regularly to ensure there are no problems. The nurse will advise you when your child can get up and dress and when you can go home.

## **What time can I expect to take my child home?**

This will depend on the type of surgery your child has had and how well they recover. For most, this can be an hour after your operation. However, this is only a guide.

## **What other information will you give me before I take my child home?**

- We will give you information about your child's operation and aftercare, as instructed by the surgeon and anaesthetist. This will include any advice about wound care, removal of stitches if needed (in the majority of cases stitches tend to be dissolvable) etc.

### **Your child must:**

- be taken straight home to rest and remain indoors for at least 24 hours, with a responsible adult in attendance at all times.

### **Your child must not:**

- be given fizzy drinks, sweets etc., for the remainder of the day/overnight. A lighter diet is advisable for this period.
- be allowed to do anything requiring skill or judgement for 24-48 hours i.e. ride a bike, roller blades etc. This could be longer if advised by your child's surgeon. **YES / NO**

### **When can my child go back to school/nursery?**

Your child should not return to school/nursery for at least 48 hours after his/her operation. In many cases this could be up to a week to prevent injury from the rough and tumble of play. We will advise you further on the day.

### **Will my child have to come back to hospital after his/her surgery?**

In the majority of cases there will be no routine follow up at the hospital. If your child's surgeon requires a follow up appointment this will be arranged before you go home.

### **Will I have someone to contact if my child has any problems at home?**

We will give you contact number advice before you go home. If your child has any problems or you are worried about your child's condition. **AFTER RETURNING HOME AND OVERNIGHT** do not hesitate to ring this number.

If you ring your contact number you must tell them your child attended the Day Surgery Unit. They can advise you as to what you should do. If they ask you to bring your child back into hospital be sure to know which department/ward you should go to.

### **Will there be any other back up?**

- We will give you a letter for your child's GP, which will explain his/her visit to the unit, as their care will go back to the GP the next day.
- A district nurse visit may be arranged for the day after your child's surgery to check his/her progress. This will depend on the type of surgery your child has had.

**"This document is available in Welsh /  
Mae'r ddogfen hon ar gael yn Gymraeg".**