



Day Care Unit

What to do after your child has had plastic surgery Discharge information for parents and carers

General Anaesthetic

This fact sheet aims to provide you with information about how to care for your child once you are at home.

Most children appear to be alert and active after they are discharged from hospital. However do not be surprised if your child complains of feeling dizzy or being tired. Your child may feel dizzy and uncoordinated for the next couple of days.

For the next 24 hours

- **you should** encourage your child to rest
- **you should** make sure your child's activities are supervised by a responsible adult
- **do not** let your child ride a bike
- **do not** let your child take part in any outdoor activities
- **do not** give your child any fizzy drinks
- **do not** give your child hard to digest foods such as chips, burgers.

Your child may complain of having a sore throat, hoarseness, muscle ache, or pain following an anaesthetic. You can give you child paracetamol. **Do not exceed the recommended dosage for your child's age**

All advice regarding medicines will be given to you when your child is discharged.

What to do if your child starts to vomit

If your child vomits on the way home or when you get home, do not be alarmed. Do not give your child anything to eat or drink for 1 hour. After that, you can start giving your child a small amount of water or juice. Then gradually start to increase the amount of fluid you give to your child. Once your child can keep fluids down you can begin to give them a light diet.

If the vomiting continues, please contact your GP out of hour's telephone number or your nearest Accident & Emergency Department.

Dressings

The dressings your child has on are to keep the wound clean and protect it from infection. The dressing can only do this if it's kept dry. If the dressing gets wet, or damp please contact surgical day care or the plastics ward out of hours.

Splints

Splints are used to keep the area in the best position after surgery. If your child has a Plaster of Paris splint, it is important it remains free of any cracks or roughness and must be kept dry! If the

plaster becomes slightly damp it softens and weakens or breaks. It may rub your child's skin causing it to blister and be sore or it may no longer hold the limb in the correct position.

Pain relief

Following any type of surgery you can expect your child to experience a small amount of pain or discomfort. If they have had surgery on their hands or feet supporting them on a pillow/cushion can help reduce swelling and relieve some pain/discomfort. Please do not leave young children unattended when using pillows.

Medication

If you have not been prescribed pain relief to take home, please give suitable pain relief such as; Paracetamol (Calpol) and/or Ibuprofen using the manufacturers recommended dosages for your child's age.

Other problems

You should contact Surgical Day Care Unit or the Burns Unit if your child:

- appears to have a high temperature i.e. he/she feels hot to touch, looks red or flushed etc.
- appears to be having increased pain or discomfort even after taking the recommended amount
- is refusing to eat or drink, or has diarrhoea or vomiting
- has an unpleasant smell coming from their dressing
- has any bleeding coming through the dressing

Who to contact if you have any worries

Please contact the Surgical Day Care Unit for advice by telephoning:
0151 252 5557 /0151 282 4509 Monday to Friday 7.00 am - 7.00 pm

If you have any problems at any other time please contact:
(Staff to insert details)

Out of hours contact number: Burns unit 0151 252 5400

This fact sheet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this fact sheet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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