



## **Paediatric Day Surgery: Discharge Care after an Anaesthetic.**

### **Eating and drinking**

- Your child can start eating a light diet such as sandwiches, pasta, soups and jelly. Avoid fatty or junk food. Your child may return to their usual diet when they feel well enough.
- Babies can start breastfeeding, or drinking formula or water as soon as they are awake from their procedure.

### **Nausea and Vomiting**

- Do not worry if your child feels sick or vomits once or twice after leaving the hospital.
- If they vomit or feel sick, stop giving food for about an hour then try a light diet if your child can manage it without feeling ill.
- If your child keeps vomiting, please contact the hospital, your family GP or your closest emergency department.

### **Wound Care**

- Before you leave the hospital, your nurse will explain any specific instructions pertaining to any dressings or wounds your child may have from the procedure.

### **Activity**

- Because your child has had an anaesthetic, they should rest for the next 24 hours with an adult taking care of them.

### **Pain Relief**

- Before leaving the hospital, your nurse will explain any pain relief that may be prescribed for your child.
- You may find the South Perth Hospital "Pain Management after Discharge: A Parent's Guide" brochure a helpful resource to keep track of your child's pain relief regime. Your discharging nurse can assist you in understanding it and completing the medicine time schedule.
- For severe pain that is unable to be controlled with the prescribed medicine, contact your surgeon or family GP for advice.