

Dressing:

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Doctors Follow Up Appointment:

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Other Instructions:

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**Calvary John James Hospital**

173 Strickland Cres  
Deakin ACT 2600  
Tel: (02) 6281 8100



John James  
Hospital

## Discharge Instructions

# General Anaesthesia for children

Version 5, August 2014



These instructions are issued as a guide and are not a substitute for Medical Care.

## **Diet**

Begin with liquids and then your child may have light foods, jelly, crackers and then progress to their normal diet over several hours if not nauseated.

Babies can be fed their milk or formula as soon as they are hungry.

## **Activities**

Your child will have the effects of the anaesthetic drug in their body for the next 24-48 hours and may feel drowsy during the day but should rouse easily.

When your child is discharged from hospital, return directly home with your child so that they can rest.

During the next 24 hours:

- DO NOT Leave your child alone
- DO NOT Expose your child to situations which require quick reflexes such as using stairs, riding a bike, playing on trampolines or swings.

## **Pain**

If your child is experiencing pain, give the medication prescribed by your Doctor as directed. If no other pain medication is ordered, give Panadol (if your child is not allergic to it) as directed on the label for your child's weight and age as needed and before settling at night. Aspirin should NOT be given.

## **Routine Medications**

Commence taking your routine medications as soon as possible unless otherwise advised.

## **Discharge Medications**

Discharge Medications prescribed should be taken as directed on the label.

## **Nausea**

If your child is nauseated or vomiting, offer clear fluids only. Once your child can tolerate clear fluids try light foods such as jelly, toast, etc. Gradually re-introduce normal fluids and foods. Milk and dairy products can aggravate nausea and should be re-introduced gradually.

## **Dizziness**

If your child suffers from dizziness, let the child rest and ensure they move around with care.

Your child may experience some muscle soreness and/or throat irritation. Your child may have Panadol or throat lozenges (if your child is not allergic to them).

## **Fever**

On the night following your child's surgery, there might be a slight fever. This can be managed well with Panadol (if your child is not allergic to it). If your child develops a temperature greater than 38°C, call your Doctor.

### **Note**

If your child experiences any of the following, contact your Doctor:

- Fever greater than 38°C
- Difficulty in breathing
- Ongoing nausea or vomiting
- Ongoing pain not relieved by medication
- Excessive bleeding
- Any complication as a direct result of surgery

If you are unable to contact your Doctor, please call Calvary John James Hospital on 6281 8100 or 6229 2110.

**In life threatening situations, proceed to the nearest hospital Accident & Emergency Department or dial 000.**

**PLEASE CHECK ARTWORK CAREFULLY**

**MISTAKES ARE GLADLY CORRECTED  
ANY AUTHORS CORRECTIONS TO ARTWORK ARE CHARGEABLE**

**CLIENT NAME:** CALJOH

**DESCRIPTION:** 152927\_CJJH0002\_GEN ANA\_KIDS

**SIZE:** 210 X 297 FOLDED TO A5

**COLOURS:** CMYK FRONT/BLACK BACK

**ARTWORK APPROVAL**  **CORRECTIONS REQUIRED**  **OK TO PRINT**

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