

## Caring for your child following a general anaesthetic

The advice in this leaflet should make you feel more confident in caring for your child when they leave hospital. Please read in conjunction with the ..... leaflet.

..... is under the care of: .....  
at the Royal Berkshire Hospital. S/he was admitted to Kempton Day Bed Unit\* /  
Lion/Dolphin Ward\* on: ..... for .....  
under a general anaesthetic. \* delete as applicable

### General well being

Do not worry if your child is sleepier than normal over the next 24 hours; this is due to the anaesthetic medicine.

Common side effects include: dizziness, nausea and a sore throat. These are normal and will pass.

Some children may suffer with mood changes and irritability following the anaesthetic. This is normal and will go.

In some cases children may be sick following an anaesthetic. Do not give them anything to eat until they have tolerated some water or weak squash.

### Pain relief

During your stay your child will have received pain relief. However, this will wear off when you get home. Following an operation you should give regular pain relief. The information in this leaflet will support you in doing this.

Give regular pain relief for several days after the operation. This will ensure a better recovery. A dose before bedtime will ensure a good night's sleep.

It is advisable to give a combination of medications in order to control pain.

### How will I know that my child is in pain?

Older children will generally be able to tell you they are in pain. With younger children, the signs below will help you to assess your child's pain.

- Complains more than usual
- Cries more easily
- Refuses to eat
- Acts more worried than normal

- Does not do the things he/she usually does
- Holds the sore part of his/her body
- Tries not to bump the sore part
- Eats less than usual
- Looks more flushed than usual
- Has less energy than usual
- Wants to be close to you
- Quieter than usual

Adapted from the Parents' Postoperative Pain Measure: (PPPM) (Chambers *et al*, 2003; 105: 437- 445)

### How do I relieve my child's pain?

#### **Paracetamol e.g. Calpol:**

Give the next dose at ..... following the instructions on the bottle/packaging.  
Administer 4-6 hourly but do not give more than 4 doses in a 24 hour period.

#### **Ibuprofen e.g. Nurofen:**

Give the next dose at ..... following the instructions of the bottle/packaging.  
Administer 6-8 hourly but do not give more than 3 doses in a 24 hour period.  
Give with or after food.

#### **Codeine Phosphate:** (if this has been prescribed)

Give the next dose at.....following the instructions on the bottle/packet.

Please read through the instructions on the bottle/packet and read the medication advice leaflet that accompanies the medication

### This table will help you to know what times to give pain relief

Date/Time	Paracetamol	Ibuprofen	Codeine

### Contacting us

If you require any further advice please contact:

Kempton Day Bed Unit: 0118 322 7512 / 8754 (Mon-Fri 7am-7pm)

Lion/Dolphin Wards: 0118 322 7519 / 8075 (outside of these hours)

For information regarding a follow-up appointment telephone: \_\_\_\_\_

### Further information

More information about the Trust can be found on our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)  
[www.mychildinpain.org.uk](http://www.mychildinpain.org.uk)

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