

Paediatric Day Procedures

General Information – Post Procedure

This information is intended as a guide for parents and/or guardians of children who have had a day surgical procedure.

There must be a responsible parent and/ or appropriate guardian with the patient overnight and preferably for 24 hours post-discharge.

Food and Drink

Your child may have a drink as soon they desire. Then move to light food e.g. sandwiches, jelly, soup.
Your child will return to their normal diet when they feel well enough – usually within 12 – 24 hours.
For babies, give breast milk or bottle formula as usual.

Nausea and Vomiting

Do not worry if your child feels sick, or vomits once or twice after leaving hospital.
If your child vomits or feels sick, stop giving them food for about one hour. Then try sips of fluid, dry biscuits or toast. If your child's vomiting continues, call your child's doctor or your nearest hospital's Emergency Department.

Pain Relief

Your child's last pain relief was given at _____
Your child's next pain relief is due at _____
Read the package for the correct dose for your child. Paracetamol can be given at home every six hours for one to two days post-surgery. After some procedures it is common to have pain for a few days but this will have already been discussed with you by your child's doctor.
If your child still has ongoing pain after this, please contact your doctor or the nearest hospital's Emergency Department.

Wound Care

If your child has a dressing, leave it until their follow-up appointment. Only remove it if instructed to by your child's doctor.
Stitches are usually dissolving and do not need to be taken out; unless you are told otherwise.
If there is excessive bleeding or oozing from the wound, please contact your doctor or nearest hospital's emergency department.

Activity/Sleep

Because your child has received an anaesthetic, they should rest at home for one to two days.
Your child may be unsettled for the rest of the day and his/ her sleep pattern may be disturbed today and tonight.

Follow-Up

Follow-up in outpatients in _____. You will be sent a letter with the appointment date, time and location.
The Same Day Unit nurses will call 24 hours after you have been discharged home.

Any other concerns or questions please call and speak with your surgeon, the paediatric nurses or the Emergency Department:

Monash Children's Hospital Clayton: (03) 8572 3000

Same Day Unit- Lagoon: (03) 8572 3383

Appointments: (03) 8572 3004

For urgent medical advice please call 000 or go to your local Emergency
Department