

# Day surgery: General discharge care at home

## Information for parents and/or caregivers

Welcome to the Southern Adelaide Local Health Network. This information sheet aims to answer any questions you may have about your child going home, after a short stay in hospital for a minor operation.

### Eating and drinking

Your child can start eating a light diet such as sandwiches, pasta, soups, and jelly. 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 the procedure.

### Nausea and vomiting

Do not worry if your child feels sick or vomits once or twice after leaving hospital.

If they vomit or feel sick, stop giving food for about one hour. Then try a light diet if your child can manage it without feeling ill.

If your child keeps vomiting, attend your nearest hospital emergency department.

### Wound care

If your child has a dressing leave it in place until the review appointment or take it off as told by your child's surgeon.

Only remove it if advised to do so by your child's surgeon.

Stitches are dissolvable and do not need to be taken out, unless advised otherwise.

### Activity

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

Your child may be unsteady on their feet for four to six hours after the anaesthetic. They will need an adult to support them when they walk, even for short trips such as going to the toilet.

The surgeon will recommend when your child should return to childcare, kindergarten, or school.

The surgeon will advise when your child can return to sport.

### Pain relief

Paracetamol can be given at home every four to six hours for one to two days if needed. Read the packaging for the correct dose for your child according to their age. Ask for help if you are unsure. Do not give any medicine with paracetamol in it more than four times in 24 hours.

For more severe pain call your child's surgeon or see your family doctor.

Please refer to pain management after surgery for further information

### Follow-up

Please arrange a follow-up appointment as discussed with your surgeon.

## For more information

Women's and Children's Division

Flinders Drive, Bedford Park, South Australia

Telephone: 8204 5511

[www.sahealth.sa.gov.au/SALHN](https://sahealth.sa.gov.au/SALHN)



This document has been reviewed and endorsed by consumers.