

Day surgery: General discharge care at home

Information for parents and/or caregivers

Welcome to the Southern Adelaide local health network. This information sheet is designed 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, please call the hospital (the telephone number is at the end of this page), or 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 Medical Centre
Bedford Park
South Australia 5042
Telephone: 08 8204 5511



This document has been reviewed and endorsed by consumers.