



Dear parents / legal representatives,

today is your child's first day post operation in general anaesthesia. That is why it is necessary to pay a greater attention to him/her.

Today you should not bathe your child in hot water, beverages should be cold (still water, tea).

From tomorrow and approximately for one week, you should give your child soft food (such as mashed potatoes, soups, purée, yoghurts, ice creams). Let him/her gargle with camomile tea or drink it sufficiently after eating.

He/she can drink \_\_\_\_\_

He/she can eat \_\_\_\_\_

After the operation your child can have high temperature and complain about pain in the throat or on the back of the neck, therefore you can give him/her some painkillers (Ibaldin, Paralen, Nurofen). You can also put ice-cold compress on the back of the neck. The child can vomit, so you can give him/her cold cola or mineral water. Today the child cannot blow his/her nose, you can only apply nose drops (Nasivin, Olynth, Sanorin). From tomorrow on, the child can blow his/her nose and you can apply the nose drops twice a day for five days. Bad smell from nose and mouth is normal sign of healing, which lasts 3-7 days.

Today look after your child carefully, accompany him/her everywhere (lavatory etc.) in case that he/she feels dizzy and falls. After your child has slept at home in the afternoon, he/she doesn't have to lie but can sit, play or watch fairy tales. He/she must not run, jump and should spend at least one week at home to rest. Sleep with your child in one room. Your child should avoid company of other children for one week and should refrain from a heavier physical strain for two weeks.

Upon leaving the ENT clinic the child must be accompanied by two adults. One person sits with the child in the back seats of the car and monitors his/her state (the child should be seated in a child seat).

Please come tomorrow for post-operational checkup at \_\_\_\_\_ hours.

In case of any problems, call us on **+420 607 \*\*\* 322** (please don't give this number to other people, as it serves exclusively for post-operational consultations). Please call this number only if:

- the child bleeds from nose or mouth
- the child's overall state deteriorates substantially
- the child suffers from strong pain, which doesn't react to common painkillers
- the child has high temperature (above 38,5°C)
- the child suffers from loss of consciousness, shortness of breath, apathy etc.

In case of serious complications (bleeding, inflammation, suffocating etc.), it is possible to use the 24-hour emergency service at the ENT dept. of **Všeobecná fakultní nemocnice v Praze** (pavillion A7). Address: U Nemocnice 2, 128 08, Praha 2. Phone number: +420 224 962 315 or +420 224 962 322.

In other cases you can consult or visit the emergency service in the area of your residence. You can contact our clinic during the working hours Monday-Thursday 07:00-14:00 and Friday 07:00-12:00 on +420 720 028 820.

We strongly recommend to out-of-town patients that they book an accommodation in Prague, so that they can reach the city centre (see the VFN address above) in 30 minutes by car.

Date: \_\_\_\_\_

Patient's name: \_\_\_\_\_

Name of the legal representative: \_\_\_\_\_

Signature: \_\_\_\_\_

**Phone number:**

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