

Head of anaesthesiology: MUDr. Roman Baláž

## Recommendations before anesthetizing a child

Dear parents (legal representatives),

Thank you for choosing to have your child (ward) operated on at our facility. The surgery and general anesthesia will be performed by experienced professionals.

### We ask you to comply with the following conditions:

1. Notify your child's doctor in advance of any past health problems, medications, allergies, recent contact with infectious diseases. Also, point out your child's neurological diseases and congenital developmental defects! In case of more serious illnesses, bring copies of medical reports. In any case, bring a pre-operative pediatric examination (**no older than seven days**) to the surgery. We also ask that you and your paediatrician complete a questionnaire to identify bleeding disorders, as this may warrant the addition of laboratory tests as part of the paediatric pre-operative examination.
2. On the day before surgery, give the child only easily digestible food. **The child must be fasting from midnight before surgery** (no milk, juice, cocoa, soup). Liquids (water, tea, mineral water) may be drunk no later than 6 hours before surgery. At the same time, take the last medication at the latest at this time. Make sure that your child does not have gum in his/her mouth when you arrive at the medical centre! By keeping your child's stomach empty, you will eliminate complications such as vomiting and subsequent possible inhalation of stomach contents.
3. **Two adults are required when picking up your child after surgery** - one attends to the child, the other drives the vehicle!
4. After discharge, **continuous supervision of the child is required, at least 24 hours after the procedure**. After arriving home, the child can drink fluids in small sips and later a light meal.

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## Recommendations after anesthesia of the child (adenoidectomy)

Dear parents (legal guardians), Today your child (ward) is after a surgery under general anaesthesia, so it is necessary to take extra care of them.

Today you should not bathe the child in hot water. Beverages should be cold and non-irritating (still water, tea - do not serve juices and fruit concentrated lemonades). To eat a mushy diet (ice cream, yogurt, porridge, soups). It is a good idea to drink or gargle with chamomile tea after meals. In general, give your child drinks in smaller quantities and more often during the day.

Can drink 1 hour after procedure ..... Can eat 2 hours after the procedure .....

After surgery, the child may have a temperature and complain of **sore throat, neck pain and pain around the ears**. Give your child medications such as Paralen, Nurofen, etc., which you know the child responds well to. You can also apply ice packs to the outside of the throat. After anaesthesia, there may be vomiting, in which case it is a good idea to give your child a stirred iced cola or mineral water. Today, the child **must not blow the nose**, just flush the nose with nasal drops (Nasivin, Olynth, Sanorin). For 5 days, use these nasal drops twice a day. From the second day after the operation, it is good to make the child blow their nose often, ideally with the help of sea water. **Bad breath is a normal symptom of healing**, which lasts from about the 3rd to the 7th postoperative day!!!

Today, keep an eye closely on the child, go everywhere with them (toilet, etc.) so that they do not get dizzy and fall somewhere. When at home the child sleeps in the afternoon after the operation, they don't have to lie down, they can sit, play, watch cartoons. They must not run, jump, they should be relatively quiet for at least two days. If the child is without any problems, you can take a short walk on the third day. **Sleep with the child in the same room!** The child should be out of the collective for a week, and two weeks without much physical exertion (no swimming pool, trampoline and other sports activities).

**Two adults must accompany the child after leaving the ward!** One person sits with the child in the car in the back seat and monitors the child's condition (the child sits in the car seat).

**Post-operative check-up** is settled according to the recommendation of the attending ENT doctor.

The child's condition can be consulted with the on-duty ward nurse / operating physician 24/7 on the **emergency service phone +420 607 062 322**, especially in the following situations:

- bleeding from the nose or oral cavity
- significant worsening of the child's general condition
- severe pain unresponsive to common analgesics (Paralen, Ibuprofen and other commonly used painkillers)
- persistent fever (above 38.5 °C)

In case of **serious complications** (strong bleeding, loss of consciousness, shortness of breath, apathy), **call immediately +420 607 062 322** and after consultation with the nurse or surgeon, also the ambulance (tel. 155) to secure transportation to hospital (you cannot use your own car!). FortMedica's cooperating inpatient wards are: ENT dept. of **Všeobecná fakultní nemocnice v Praze** (pavillion A7, **U Nemocnice 2, 128 08 Praha 2**) and ENT dept. of **Thomayerova nemocnice** (pavillion A3, **Vídeňská 800, 140 00 Praha 4**). or, depending on the situation, to the nearest inpatient ENT department.

In less serious 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 07:00-17:00** and **Friday 07:00-12:00** on **+420 725 828 068**. Outside of office hours, the emergency service phone number +420 607 062 322 is available for consultation. This number should not be shared with other persons, it is used exclusively for post-operative consultations, and only outside of office hours!

Out-of-Prague patients are strongly advised to arrange accommodation in Prague or its vicinity for 24 hours after surgery, with a travel time of about 30 minutes to the centre of Prague (see above hospital addresses).

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

Patient's name and surname: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Name and surname of the legal representative: \_\_\_\_\_ Signature \_\_\_\_\_