

General Home Instructions



When Can My Child Go Home?

The amount of time it takes to be ready to go home varies from child to child. It may be as soon as 15 minutes, or it could be longer.

Before going home, your child does not need to be fully awake or alert, or able to drink, urinate or walk. However, your child does need to meet these requirements before leaving the hospital:

- Breathing is safe
- Is arousable or awake
- Pain level is satisfactory with pain management plan

Some children have additional requirements before going home. Ask your child's provider or nurse.

Please inform us of any concerns you may have and let us know when you are comfortable and ready for your child's discharge from the hospital.

Activity When Your Child Gets Home

Your child may be drowsy and nap or sleep off and on for the rest of the day.

- Encourage quiet activities: reading, watching television, or playing video games
- Gradually increase permitted activities as your child's sense of balance returns

Preventing Falls After Anesthesia

All children who receive anesthesia are considered at an increased risk for falls. Your child's sense of balance may be unsteady for 24 hours. The risk for falls continues while your child takes medicine that contains narcotics. Watch your child's activities closely.

For the next 24 hours and while taking medicine that contains narcotics:

- Support walking or crawling while your child is unsteady
- Assist around furniture or other sharp edges
- Assist going up or down steps
- Avoid climbing, biking or sports
- No driving or use of heavy equipment/machinery
- Use mobility aids if ordered by your provider

What to Drink & Eat at Home

There is no rush to eat or drink. As your child wakes up, his/her appetite will gradually return. Fluids will help maintain your child's hydration. Fluids also may help with fever and pain control.

- Offer clear liquids such as water, juices, soft drinks, sports drinks
- Advance to light foods such as soup, crackers, dry cereal, formula
- After light foods are tolerated, advance to regular foods, milk

Sometimes nausea and vomiting can happen after anesthesia. If your child experiences some vomiting, wait a little while before attempting clear liquids again. Then advance slowly to regular foods.

How to Care for Pain, Discomfort or Fever

Your child may have some pain or discomfort, or run a low-grade fever (less than 101.5° F) following the surgery/procedure. The Parents' Postoperative Pain Measure (PPPM) tool may help you determine if your child is having pain or discomfort.

Most pain, discomfort or fever can be decreased so that your child is comfortable enough to rest. Some things that may help your child be more comfortable include:

- Provide a pain reliever/fever-reducing medicine, if recommended by your provider

- Gently offer your child reassurance by holding, or rocking your child, or rubbing your child's back
- Assist your child to find a comfortable position; blankets or pillows may be helpful
- Distract with quiet activities or music

Acetaminophen (Tylenol®) is available at a reduced rate at the outpatient pharmacy on campus. The pharmacy is open 7 days a week. Hours vary by location.

Pharmacy locations at both campuses are as follows:

BURNET CAMPUS LOCATION: Location C, Floor 1

LIBERTY CAMPUS LOCATION: Location A, Floor 2

Call Your Provider with any Questions or Concerns

Please call if your child is having problems such as:

- Experiences excessive nausea or vomiting
- Does not urinate within 6 to 8 hours
- Runs a fever that will not go down with a fever-reducing product; has fever that lasts longer than 24 hours
- Shows signs of infection (swelling, redness, foul smell, drainage or prolonged fever)
- Experiences pain that is excessive and is unable to rest, sleep or be comforted
- Has more drainage/bleeding or swelling than you expected at the surgery site
- Is excessively sleepy, and you cannot wake your child easily
- Shows behavior changes that seem extreme or last longer than you expected

How to Ease Behavior Changes & Anxiety

Some children show temporary behavior changes after a surgery/procedure. Your child may act younger or have new fears. Some children have changes in their mood or sleeping pattern. These changes may last for up to two weeks.

- Be patient and supportive; give your child time to adjust
- Return to normal routines and do familiar things to help your child feel secure

For Patients 18 & Over

While the majority of our patients are children, we recognize that many are not. The information provided here applies to all our patients.

Important Phone Numbers

To contact your Provider

Office/Clinic
 Hospital Operator 513-636-4200
 Toll-free Number 1-800-344-2462

Burnet Campus

Emergency Room 513-636-4293
 Pharmacy 513-636-8808
 Post Anesthesia Care Unit 513-636-3036
 Same Day Surgery 513-636-4517

Liberty Campus

Emergency Room 513-803-9740
 Pharmacy 513-803-9795
 Post Anesthesia Care Unit 513-803-9850
 Same Day Surgery 513-803-9820

For more information about your child's condition:

Family Resource Center 513-636-7606

www.cincinnatichildrens.org



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