

After Procedure & Anesthesia



Activity Level and Preventing Falls

Your child may be drowsy and sleep off and on for the rest of the day/evening. Your child should be fairly easy to arouse from sleep. Rest and sleep are good for healing.

All children who receive anesthesia are at an increased chance for falls for 24 hours. This chance continues for those who take medicine that contains an opioid.

As your child wakes up:

- Limit them to quiet activities: reading, watching television, or playing video games.
- Slowly increase their allowed activities as their balance returns.

For 24 hours after anesthesia and while your child takes medicine that contains an opioid:

- Have an adult support your child's activities by helping them:
 - Walk or crawl
 - Get around furniture or other sharp edges
 - Go up or down steps
- Use mobility aids if ordered by your child's provider.

Some activities will increase your child's chance for falls during this time. Do not let them:

- Climb, bike, or play sports.
- Bathe or shower today.
- Drive or use heavy equipment/machinery.

Eating and Drinking

Anesthesia and opioids slow down the stomach. Most children can slowly advance their diet while their stomach wakes up and appetite returns. Some children may be given a specific diet plan.

- Begin with clear liquids like water, juices, soft drinks and sports drinks. Fluids will help keep your child hydrated. Your child should pee within 6–8 hours.
- There is no rush to eat. When your child is ready, start with light foods like soup, crackers, dry cereal, and formula.
- If light foods are tolerated, move to regular foods and milk. High protein foods will help them heal.

Sometimes nausea (upset belly) and vomiting (throwing up) can happen after anesthesia and opioids. If your child is vomiting, wait a little while before starting clear liquids again. Then move slowly to regular foods.

Care for Pain, Discomfort or Fever

Pain and discomfort after a procedure is expected. Pain is usually worse in the first few days. Use the Parents' Postoperative Pain Measure (PPPM) tool to help you figure out if your child is having pain or discomfort. Most pain or discomfort can be decreased so your child can rest.

To help decrease your child's pain:

- Provide a pain relief medicine, if allowed by your child's provider.
- Use blankets and pillows to make them more comfortable.
- Hold or rock your child.
- Distract your child by talking about things not related to the hospital.
- Encourage quiet activities like listening to music or watching a video.
- Use humor to improve their mood.
- Talk about ways to cope: "If you do this _____, you will get better."
- Encourage deep and steady breathing or meditation to help them relax.
- Use a cool or low heat source for comfort, if allowed by your child's provider.

Continued...

Care for Pain, Discomfort or Fever Continued...

Your child may run a low-grade fever (less than 101.5°) after the procedure. If this happens:

- Provide a fever-reducing medicine, if allowed by your provider.
- Encourage fluids to keep them hydrated.
- Watch for signs of infection (swelling, redness, foul smell, drainage or prolonged fever).

Ease Behavior Changes and Anxiety

Some children show short term behavior changes after a 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 give your child time to adjust.
- Return to normal routines and do familiar things to help your child feel safe.



For Patients 18 & Over

While the majority of our patients are children, we recognize that many are not. The information contained in this folder applies to all our patients.

Call Your Child's Provider With Any Questions or Concerns

Call if your child:

- Is overly sleepy, and you cannot wake your child easily
- Has too much nausea or vomiting
- Does not pee within 6–8 hours
- Is unable to take medicine prescribed by their provider
- Has pain that is too much and is unable to rest, sleep or be comforted
- Runs a fever that will not go down with a fever-reducing medicine or lasts longer than 24 hours
- Shows signs of infection (swelling, redness, foul smell, drainage or prolonged fever)
- Has more drainage, bleeding or swelling at the surgery site than you expected
- Shows behavior changes that seem too much or last too long

Important Phone Numbers

Contact Your Child's Provider with Questions or Concerns: _____

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

Burnet Campus

Emergency Room 513-636-4293
Pharmacy 513-636-8808

Liberty Campus

Emergency Room 513-803-9740
Pharmacy 513-803-9795

For more information about your child's condition:

Family Resource Center 513-636-7606

www.cincinnatichildrens.org

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