

Back on the ward

For children staying overnight

- The nursing staff will inform you when your child may have something to eat and drink
- Inform the nursing staff when your child has had something to eat and drink
- Encourage sips of water
- Please do not flush when your child goes to the toilet. The nursing staff may need to monitor the amount of urine your child is passing. Nappies may need to be weighed
- If your child feels sick or vomits, please inform the nursing staff. Medication may be given as required
- Vomits need to be examined for blood, so again, do not flush if your child has vomited in the toilet
- Your child may need monitoring overnight which means your child will be woken overnight
- Your child may be ordered medications to manage their pain at regular intervals. This means your child will be woken overnight when medication is due. It is important for your child to have regular pain management in the early post-operation period
- We understand that you know your child best, so if you have any concerns please inform the nursing staff at any time.

Day stay patients

- Your child will be given something to eat and drink before going home
- Your surgeon will give you an instruction sheet
- Give pain relief as directed
- If you are concerned, one parent should contact your surgeon.

Going home

Prior to going home, your surgeon will give you an instruction sheet. Your nurse will go through this with you. If you have a prescription, cream or any medication to take home, the use of these will be explained to you.

If your child has had Panadol, your nurse will inform you of the next time they may have it again.

Time to give next paracetamol, e.g. Panadol

Time: _____

Thank you for staying at The Bays Hospital.

We hope you have found this brochure helpful. If you have any suggestions for us to add to the information given please let us know.

Pre-admission Service

Phone: 5976 5210

Email: preadmissionclinic@thebays.com.au

Hours: Monday to Friday | 9:30am to 5:00pm

Office: Located behind the surgical admissions reception desk on ground floor.

The Bays Hospital

Vale Street
PO Box 483
Mornington VIC 3931
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What happens when your child goes to hospital

Paediatric information for parents

Please bring this brochure with you to hospital

The Bays Healthcare Group

Caring for the Peninsula

VALE STREET, MORNINGTON VIC 3931

Prior to admission

We ask that you be honest and up front with your child, as you explain their upcoming surgery. Explain to them that they may experience some pain or soreness after surgery, but they will be given medicine to reduce the pain. Let them know that they will be safe and you will be close by.

How we can help you

The Bays Hospital offers preoperative visits, where you and your child can come and familiarise yourselves with the surroundings and be introduced to some of the nursing staff. You can book this through the Pre-admission Clinic nurse or on 5976 5210.

The importance of fasting

We know your child may be hungry and thirsty, but **NO food, drinks or water is a MUST.**

If you have any questions regarding fasting, including when to start, please discuss this with your surgeons rooms.

What to bring to hospital

If your child has **anything familiar, for comfort or security**, you may bring them into hospital. You can also bring:

- Electronic games/portable DVD player/books
- Feeding cup, if they are using one
- Bottle, if they are bottle fed
- Pacifier, if they have one
- Anything that may be important to your child, e.g. toy, blanket
- Any special or particular food, e.g. gluten free (although catering is provided).

Admission to hospital

If your child is having a day procedure, such as grommets or dental work, they may be cared for in our Day Surgery Unit. Please be aware that only one parent is able to stay with the child in our day Day Surgery Unit.

If your child is having a procedure that requires an overnight stay, your child will be allocated a private room. A fold out bed or recliner chair will be available for one parent to stay overnight.

Preoperative examination

The anaesthetist will ask you questions regarding the health of your child. If your child is taking any medication please bring it with you to hospital, including any supplements or natural medication.

Once the anaesthetist has finished their examination, the nurse may apply a local anaesthetic cream to your child's hand. The cream has a numbing effect on the skin where the anaesthetic will be given.

The anaesthetist may then put in an Intravenous Cannula prior to your child's operation (if you are un-clear about what an Intravenous Cannula IV is, please ask the Pre-admission service nurse).

Parents in the anaesthetic room

One parent is able to accompany your child into the anaesthetic room **(at the discretion of the anaesthetist)** and stay until they are asleep. We ask for the parent who is the most calm to accompany your child, as your stress and anxiety may be conveyed to your child.

If your child has a pacifier, special toy or blanket they should bring these items with them to theatre.

Your child may go to sleep with gas through a mask or have an anaesthetic through the IV Cannula in their hand. Your child may become sleepy very quickly. It is not uncommon to feel emotional at this time.

Once your child is asleep, one of our staff members will escort you out of the theatre complex.

You can make yourself comfortable in your child's room or go for tea/coffee at the café while waiting. Please let our nursing staff know where you will be so you are available when the recovery nurse calls for you.

We stress that your child is our primary concern and if at any time you are asked to leave the theatre complex, it is to maximize the care we give to your child. We also ask if at any time you feel unwell, please inform the nurse.

What happens in the recovery room

Every patient must spend time in the recovery room after their operation. The recovery staff will ensure:

- Your child is recovering appropriately
- Appropriate pain relief is given
- Nausea and vomiting is treated, if required
- Bleeding is not excessive following the operation.

Your child will be monitored while in recovery. When waking up from an anaesthetic your child may behave differently. They may be very drowsy, however some children are very restless, disoriented and confused.

Wherever possible the recovery nurse will ask for one parent to come in to the recovery room and sit with your child. Again, we ask for the calmest parent.

However, there are some circumstances where it may not be possible for you to come into recovery.

If your child is breastfeeding you will be able to breast feed in recovery. If your child is bottle fed, please bring the bottle to recovery when you are called for.