

Child's day at home after the procedure

Your child was anaesthetised today for a procedure. He or she may feel more tired than usual, and some children may become hyperactive or restless after the procedure.

The rate of recovery is affected by the kind of procedure the child has had and how long it took.

He or she may have stiff muscles, a sore throat and a hoarse voice, as well as a dry cough.

Moving about

On the day of the procedure, the child's balance will be poorer than normal and their motor functions may be reduced for as long as 24 hours after the procedure. It's important to monitor the child's movements to prevent falls and accidents. Even if the child seems lively, it's best to avoid running and vigorous exercise, such as cycling, for the first 24 hours.

The day of the procedure must be a day of rest for the child, and the child should be taken straight home from the hospital to rest.

Pain

A young child doesn't always know how to express their pain, but may instead be tearful, restless or even just lie passively in place. They may not feel like eating and they may not be able to sleep due to the pain. Even an older child may have difficulty describing their pain and may instead express it as a vague sense of feeling bad. We recommend giving the child painkillers regularly according to the instructions provided at the hospital.

Eating

At the hospital, the child has been given something to drink and may even have eaten something. The best thing to do at home is to drink something first and then eat food that is easy to digest. A small portion often goes down better than a big one. If the child has no appetite, it is still important for them to drink enough fluids to make sure they are well hydrated. Sufficient pain medication will also improve their appetite.

Fever

The child may have a fever on the first day after the procedure, but if their temperature rises above 38.5°C and continues longer than 24 hours, contact the hospital.

Breathing

Painkillers are the best help for a sore throat and hoarseness. If the child has shortness of breath, contact the hospital.

Contacting us

Day Surgery Unit on weekdays 7.00–15.00, telephone 06 213 1552

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.