



## Pediatric Post -Operative Instructions

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The general anesthesia that your child had for his surgery today often has some side effects that last throughout the day. It is not uncommon for children to experience some drowsiness and/or some nausea off and on today. You can best help your child to minimize these effects by following these tips:

Don't feed your child any large meals, fast food, or heavy, greasy foods. You also want to avoid milk products such as ice cream, milkshakes, etc.

Foods that are usually safe are: toast, soups, applesauce, popsicles, crackers, light sandwiches, etc.

If your child does vomit one or two times, do not be alarmed but if they vomit more than twice, call our office and we will call in some nausea medication to your pharmacy.

Your child will be drowsy today. Though they may appear outwardly to be normal, they will not have normal balance or attention span. Don't leave small children on raised or high surfaces such as stairs, stools, etc. where they are at risk for falling. Do not allow small children to be unsupervised at any time today. They will often nap off and on for most of the day.

Your child may have an incision that needs care. Feel free to ask any questions you may have, and be sure that you understand the discharge care instructions when you leave the surgery center today. It is important to follow the instruction given to you by the nurse for proper healing and to prevent infections