



**Spire** Children and Young  
People's Service

## Patient information

# Anaesthetic advice for paediatric day-case procedures

This leaflet provides some standard information about your child receiving anaesthetic. The treatment described here may be adapted to meet your child's individual medical needs so it is important to follow the instructions of your child's consultant.

Please raise any concerns or questions with your child's consultant or nurse. It is natural to feel anxious before hospital treatment but knowing what to expect can help.

The information contained in this leaflet is not intended nor implied to be a substitute for professional medical advice nor is it intended to be for medical diagnosis or treatment.



Ward: 01925 215 070



Main reception: 01925 265 000



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**Spire**  
Cheshire Hospital

**Your child received an anaesthetic for the procedure they had today. This advice sheet should be read and understood before you take your child home.**

Most children appear to be alert and active when discharged home after an anaesthetic, however, the effects of an anaesthetic can last for a couple of days. Your child may experience some dizziness or tiredness.

You should encourage your child to rest as much as possible.

Ensure their activities are supervised by a responsible adult.

**Do not** let them ride a bike or engage in vigorous activities.

**Do not** give them fizzy drinks.

**Do not** give them fatty foods such as chips or burgers.

Following the anaesthetic it is also normal for your child to experience symptoms of a sore throat, hoarseness or muscle aches and pains. To aid recovery from this please give your child some paracetamol, dispol or calpol.

**Do not exceed the recommended dosage for your child's age**

Any further medications given to you on discharge will be explained.

### **What if my child vomits?**

If your child vomits after discharge, do not be alarmed.

**Do not** give your child anything to eat or drink for approximately 1 hour, then offer them some sips of a clear fluid such as water or diluted juice. After they have tolerated this fluid you can then begin to introduce some light food such as toast/cereal.

**If this vomiting continues, please contact your GP, walk in centre or nearest accident and emergency department.**

If you have any questions or concerns, please do not hesitate to contact the ward on 01925 215 070 or main reception on 01925 265 000.

**Spire Cheshire Hospital does not have an accident and emergency department therefore if your concerns are of a serious nature please seek immediate medical attention from your local accident and emergency department.**