# **Health Facts for You**



## **Taking Your Child Home After General Anesthesia**

You must have someone (age 16 or older) stay with your child for the rest of today and tonight. This is for your child's safety and protection.

Your child may feel a little sleepy for the next 12 to 24 hours. This is partly due to the medicines received during and after surgery. Your child should rest and relax for the next 12 hours. Avoid strenuous activity.

Your child may have a mild to moderate sore throat for the next 24 hours. Call if the sore throat is severe or doesn't go away.

### **Food and Liquids**

Start slowly and offer your child clear liquids such as water, apple juice, and soda. When your child feels ready, it is **ok** to try soup, soda crackers, and other foods that are easy to digest. Avoid spicy or fatty foods. Your child can have their normal diet when they are ready. Give your child several glasses of clear liquids to prevent dehydration.

The staff at the American Family Children's Hospital Surgical Services will try to call you at home or work within the next few days. We will ask a few questions about your child's recovery and the care your child received. Let us know if this call may be a problem.

#### When to Call

Call if your child has:

- Trouble breathing or a wet sounding cough that persists.
- Frequent vomiting after getting settled at home (more than twice).
- Trouble urinating by late tonight (or has a painful, full bladder).

#### Who to Call

Who to Can	
Your child's anesthesiologist was	
Dr	
Your child's surgeon was	
Dr	
from thec	linic
The clinic phone number is: (608)	_·
Call if you have questions or concerns. You are calling after hours, your call will forwarded to the paging operator. The operator will have the doctor call you ba	ll be

Toll-free 1-800-323-8942 (24 hr.)

In an emergency, call 911!

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6326.