

## 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.

If your child had a caudal nerve block, your child’s hip and leg strength must be back before he/she can walk or run without help.

### Food and Liquids

For the rest of the day, 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. Give your child several glasses of clear liquids to prevent dehydration. The next day your child can have a normal diet.

The staff at the AFCH 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.

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 © 11/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6326.

### 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

Your child’s anesthesiologist was

Dr. \_\_\_\_\_.

Your child’s surgeon was

Dr. \_\_\_\_\_.

from the \_\_\_\_\_ clinic.

The clinic phone number is:

**(608)** \_\_\_\_\_.

Call if you have questions or concerns. If you live outside the area, call our toll-free number **1-800-323-8942** (24 hr).

After hours call: **(608) 262-0486** to get the paging operator. Ask for the doctor on call for Dr. \_\_\_\_\_.

Give the operator your name and phone number with the area code. The doctor will call you back.

### In an emergency, call 911!

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.