

Surgery general information

Paediatric Daycare

Soon, your child will undergo a surgical procedure at the Amstelland Hospital. For this, he or she will be admitted to the Children day care centre. That means your child will be admitted, have the procedure and go home, all on the same day.

Preparation

Blood tests

It is quite possible that the specialist wants to do blood testing in preparation for the preoperative examination. Immediately after the visit to the specialist, you may take your son/daughter to the laboratory to have blood drawn.

Appointment with the anaesthetist (preoperative assessment)

After your visit to the specialist, you will be sent to the Admissions Department. Here, you will be given an appointment with the anaesthetist for the preoperative examination. This will be on a Wednesday afternoon at the Outpatient clinic for Anaesthesia (A02). The preoperative examination will take place before the day of admission.

The specialist has given you a 'questionnaire preoperative screening of children.' You are to fill this in at home and take it with you on the day of the appointment at the Outpatient clinic for Anaesthesia. During the preoperative examination, the anaesthetist will go through the questionnaire with you, ask additional questions and ultimately determine whether, and what, additional testing needs to be done.

You and your child will also have the opportunity to ask the anaesthetist any questions you may have.

Information meeting

It is important that you attend an information meeting with your child. In order to prepare the parents and, especially, the children, the meetings are divided into two age categories.

- Children from 0-3 years of age
The information meeting is held every Tuesday morning from 9:30 to 11:30 am and will take approximately half an hour. You can register in advance via our website: www.ziekenhuisamstelland.nl/patienten/voorlichting/voorlichtingsbijeenkomsten.
You may also phone the pedagogical staff: phone 020-755 6672.

After registration you will be called by the pedagogical staff to make an appointment. On the day of the information meeting, please report to the desk of the Paediatric ward.

- Children from 4 years of age
The information session is prior to the visit to the anaesthetist. You do not need to sign up. You will be told the exact time of the information meeting at the admissions department. Will you please report to the reception desk on the day of the information meeting? You will then be fetched.

If there are any particularities

concerning the care of your child, please inform the pedagogical staff (phone: 020-755 6672).

Telephone information

If your child will undergo surgery on a Monday or a Friday, you will be called on the Thursday before the admittance by a nurse from the Children day care centre between 11:30 am and 2:30 pm.

If your child will undergo surgery on a Tuesday,, Wednesday or Thursday, then you will be called a day before the procedure by a nurse from the Children day care centre between 11:30 am and 2:30 pm.

They will discuss with you the time your child is expected and from what time your child is not allowed to eat or drink.

Taking the temperature

Would you please take your child's temperature at home on the day of admission. If the temperature is higher than 38 degrees, it is possible that your child's procedure will be postponed.

No nail polish, make-up or jewellery

On the day of the surgery, your child may not wear any nail polish and/or make-up or wear jewellery, including starter earrings.

Fasting

Your child must have an empty stomach at the time of surgery. If your child's stomach is not entirely empty, the procedure cannot take place. As this would cause too many risks associated with the anaesthesia. How exactly to ensure that your child's stomach is completely empty depends on the weight of your child:

- Children from 10 kg may not have anything to eat or any milk products from midnight the night before the procedure. During this fasting period, your child may drink 3 ml per kg of body weight per hour. Make sure not

to exceed this amount. Liquids according to these instructions are allowed up to an hour prior to the surgery. Your child may drink water, clear apple juice or tea with sugar (no honey). The nurse will tell you the exact time for this.

- Children under 10 kg and newborn babies may not have anything to eat from the night before the procedure. Up to 4 hours before the procedure, newborn babies may have the final bottle or breast feed (only milk, no cereals!). During this fasting period, your child may drink 3 ml per kg of body weight per hour. Make sure not to exceed this amount. Liquids according to these instructions are allowed up to an hour prior to the surgery. Your child may drink clear liquids, tea with sugar, water or clear apple juice (without fibres or pulp). No fruit syrup or other beverages!

Medication

If your son/daughter uses the following medicines, they should be taken on the day of admission/day of surgery with as little water as possible:

- Medication for the lungs.
- Allergy medication.
- Anti-epileptic medication.

Who can come along

Two parents/guardians may accompany your child to the hospital. One parent goes along to the operating room. You are not allowed to bring other children (brothers/sisters) to the hospital. They are also not allowed to visit.

In hospital

On the day of the operation, you are to report at the agreed time to the Children day care centre. On the ward, your child is given a double room. A nurse will ask you the temperature of your child. Then, your child is given medication in preparation for the anaesthesia. This is usually a suppository and a fluid to

drink. The drugs have a reaction time of 30 minutes to two hours. Until the surgery, your child can play a bit, read or watch TV. Just before surgery, your child gets a surgical gown and a wrist band with his name on it. Contact lenses or retainers should be taken out.

Anaesthesia and surgery

One of the parents, together with the nurse, brings the child to the operating theatre. In the preparation room, you get overalls and a cap to put on. Your child will be put to sleep with a mask or an injection in lying position. Please note that the administration of the anaesthetic to your child through a mask is not always a pretty sight. To thoroughly prepare you and your child for this situation, it is very important to attend an information meeting or to visit the pedagogical staff member. For most procedures, an IV access (cannula) is inserted into the hand in the operating room. This is necessary in order to administer medication or any necessary fluids. This remains in place until discharge from the hospital.

The anaesthetist determines which administration of anaesthesia is most suitable for your child. This decision depends on the type of surgery, the age, weight and any previous anaesthetic. Children under 30 kg are usually given a mask. Above 30 kg, children are usually given an injection. For children between 30 and 37 kg, a mask can be discussed with the anaesthetist. If your child is given an injection, a patch is first applied that numbs the skin so that he/she does not feel the injection so much.

You are not allowed to be present during the operation itself. You will wait in a room near the recovery room. When your child is nearly awake, you will be called. You will, therefore, be with your child when he/she awakens from the anaesthesia. In the surgical complex, filming or photographing is not allowed

for privacy reasons, unless permission has been given.

After the operation

- After the operation, the doctor will tell you how the procedure went. The specialist does not necessarily come by. Sometimes it occurs that the specialist feels that your child should not yet be going home. In that case, he/she remains on the Paediatric ward for a night. A parent may also spend the night.
- Depending on the procedure, your child should stay home for a few days. After the operation, you will hear when your child can go back to daycare or school.
- The specialist will tell you when you will be expected at the outpatient clinic for a check-up.
- We recommend that you go home by car or taxi.

Returning home after the procedure

Guidelines

Your child may be in pain for a while. You can then give him/her paracetamol (not aspirin!). This is available from the drug store or pharmacy. If your child is in pain, you can then follow the instructions of the anaesthetist. It is a good idea to have this medication in the house prior to the procedure. See the brochure 'pain management children.'

Questions and problems

If, after returning home, you have any questions or your child gets unexpected symptoms, call the Children day care centre, phone 020-755 7116 (during working hours). In the evenings and at night, call the hospital, phone 020-755 7000. Ask for the evening or night head nurse on duty.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.