



# After your child has had an operation

This leaflet explains how your child might feel after an operation and how you can best care for them in the first few days at home.

## Discharge summary

When your child is ready to go home (or in some cases, the day after), you should expect to receive a discharge summary. Before you leave, please check that we have your correct contact details.

The discharge summary acts as a record of what happened during your child's hospital stay, what medications have been prescribed and details of any follow-up appointments or further treatment required at Great Ormond Street Hospital (if necessary).

Your family doctor (GP) and referring hospital will also receive a copy of the discharge summary to inform them that your child has gone home and to explain any care or support you may need.

If you have not received your child's discharge summary within five days of discharge, please call your child's ward.

## My child is complaining of pain. What can I do?

It is quite normal for your child to feel some discomfort for the first 48 hours after their operation. Usually paracetamol (or ibuprofen if allowed) will be enough to relieve any pain but if your child needs stronger medication, we will give you some before you go home. Always follow the instructions on the pain relief bottle or packet and never give your child more than the recommended dose.

If, when you get home, you feel that your child needs more powerful pain relief, you should call your family doctor (GP). You can also call the ward for over-the-telephone advice.

## Is there anything else I can do to make my child feel better?

If their skin is sore around the site of the operation, wearing loose-fitting clothes will make your child feel more comfortable.

## Are there any activities my child should avoid?

For the first few days after the operation, your child may be tired and a little clumsy, so do not let them do anything that might lead to a fall. Depending on the operation, there may be some specific activities that your child should avoid. If this is the case, your nurse will write details on the back of this information sheet.

## My child does not want to eat. Should I be worried?

It can take a day or so to get back to a normal diet after surgery. Your child will usually drink as normal the day following surgery. As long as they are drinking, you should not worry too much about food.

## When should I contact the hospital or my family doctor (GP)?

- If your child is in a lot of pain and pain relief medicine does not seem to help
- If your child is not drinking any fluids after the first day back home
- If the operation site looks red or inflamed and feels hotter than the surrounding skin
- If there is any oozing from the operation site

# Important information following your child's operation

Your child is under the care of at

Great Ormond Street Hospital (GOSH)

Consultant name

They were admitted to

Ward

on

Date

for the following operation  
under general anaesthetic   
local anaesthetic

Medicine	Dose/Schedule	Last given	Next dose due

## Your child's operation site

is not covered by a dressing

is covered by a dressing. This should remain dry for

days

Your child has had dissolvable stitches. The stitches will dissolve on their own within two weeks.

They should not have a bath or shower until

Date

Your child has had stitches which will need to be removed.

We have arranged for the stitches to be removed

At GOSH

Date/Time

By your community team

At your GP surgery

Your child will need an outpatient appointment in approximately

Weeks/Months

We have made this appointment for

Date/Time

We will make this appointment and send you an appointment letter in the post

## If you need any advice when you are at home, please contact the ward from which your child was discharged on the following number:

Panther ENT - 020 7829 8825

Possum - 020 7762 6176

Panther Urology - 020 7405 9200 ext 5133

Nightingale - 020 7762 6111

Chameleon - 020 7829 8818