

## **Pre-operative advice for parents whose children are being admitted for ENT surgery**

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### **Do I need to have anything at home ready for my child's discharge?**

We advise you to stock up with supplies of paracetamol and ibuprofen to help manage your child's post-operative pain once discharged from hospital. The doctor/nurse discharging your child from hospital will discuss pain relief with you and answer any questions you may have.

### **What shall I tell my child about coming into hospital?**

Most children are less anxious about coming to hospital if they know what to expect. It is important to tell your child that they are going to have an operation, why this is needed and what will happen.

Tell your child in a simple but honest way about what to expect. We have included some leaflets which you can use to help explain the hospital visit and the anaesthetic to your child.

There are also several books in the local library that can be helpful. If your child is between six and 12 years old then the books "Hospital" by Althea Braithwaite, as well as "Going to the hospital" by Anne Civardi and Stephen Cartwright are good to read through before coming into hospital.

### **What should I do about food and drink if my child is having surgery in the morning?**

Please give your child a milky drink and a light nutritional snack of their choice [such as toast or cereal] before they go to bed. This will reduce their time without food or drink and make them more comfortable.

Your child can eat any food or have any milky drinks [including formula milk] until 02.00hrs [2.00am]. Milk counts as food as it takes longer to digest. Food also includes chewing gum, boiled sweets and crisps.

If you are breastfeeding you may continue to breastfeed your baby until 04.00hrs [4.00am].

Your child may safely continue to drink clear fluids from the following list until 06.00hrs [6.00am] on the morning of surgery:

**Water** [not fizzy]; **Diluted squash** [without bits]; **Clear apple juice only** [no pulp]

Please ensure that you **give your child a drink just before 06.00hrs** [6.00am] to prevent them from becoming dehydrated. You may give any regular medications with water until 06.00hrs [6.00am] unless we have asked you not to give them.

Research has shown that drinking fluids up to two hours before surgery can:

- Reduce postoperative nausea [feeling sick]
- Reduce vomiting [being sick]
- Help recovery