

## Discharge Instructions Following Anesthesia For Pediatric Patients

**If your surgeon's instructions vary from these instructions, please follow your surgeon's instructions.**

### DIET

- Begin with clear liquids such as "flat" soda, tea, jello, soup, etc.
- Progress to soft foods such as milk, yogurt and mashed foods.
- If there is no nausea, progress to normal diet.

**PATIENT LABEL**

### ACTIVITY

- Child may feel sleepy today and nap on and off, especially if taking pain medication
- You may need to assist with walking, etc.

### NAUSEA/VOMITING

- Nausea and vomiting occasionally occur after surgery. If child is nauseated, keep on clear liquids until it passes.
- If it persists, notify the surgeon.

### DISCOMFORT

- If the surgeon has prescribed medication for surgical discomfort, give as directed.
- If nothing is prescribed, you may try a non-prescription pain medication such as Tylenol.
- If discomfort is not relieved, contact the surgeon.

### SUPPOSITORY

- Your child may have received a peri-operative suppository such as acetaminophen. If you have any questions, please check with the surgeon.

### SPECIAL DISCHARGE INSTRUCTIONS

- Follow any written or verbal instructions your surgeon may have given you.

SURGEON: \_\_\_\_\_ PHONE: \_\_\_\_\_

INSTRUCTIONS: \_\_\_\_\_

**Contact your surgeon (or his/her associate) promptly if any of the following occur:**

- Excessive or persistent pain, swelling or bleeding
- Persistent fever
- Any other problems regarding the specific surgery
- If you feel there is not a normal recovery taking place

**If you are unable to reach your surgeon, go to the nearest Emergency Department, or call 911 in acute emergency.**

I understand the instructions given to me.

### Prescription

Given to:  Family Member  N/A

\_\_\_\_\_  
Responsible Adult's Signature

Called to Pharmacy: \_\_\_\_\_

\_\_\_\_\_  
Discharge Nurse's Signature