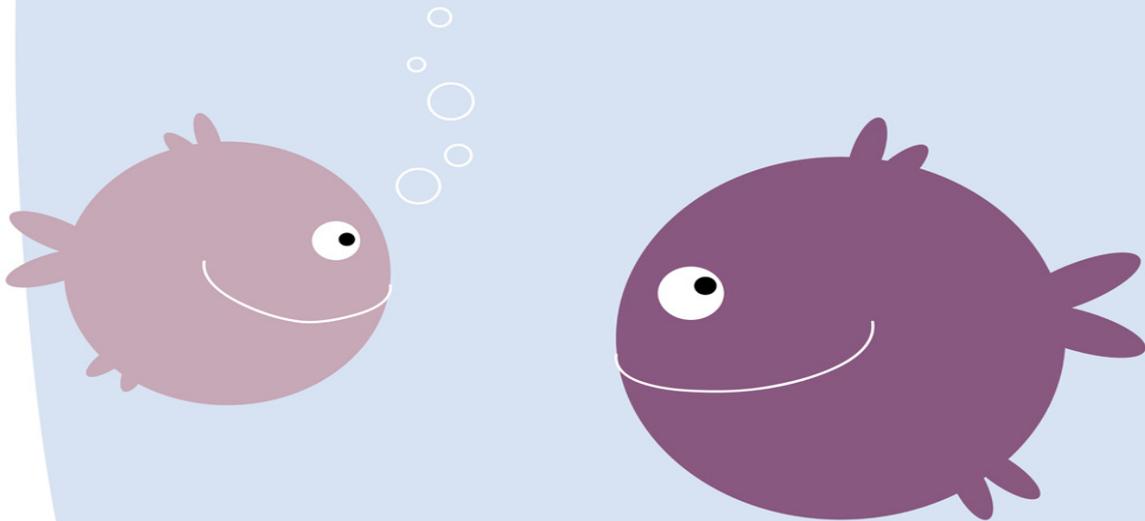


Plym Children's & Young Peoples Surgical Unit

01752 792142 Nurses station
01752 43243/1/2/6 Reception
www.plymouthhospitals.nhs.uk

Information for Parents/Guardians and Children

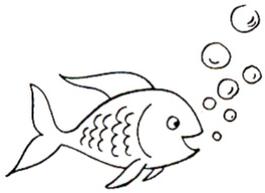


Welcome to Plym Unit

**The unit is open at 8am to 7.30pm Monday
to Friday**

**If for any reason your child cannot attend their
operation on the day planned please contact the unit
as soon as possible.**





How to prepare your child:

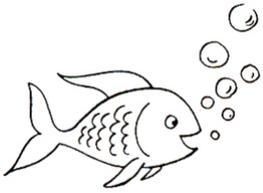
Research shows that children who know what to expect during their hospital stay have made a better recovery and have experienced less anxiety (Kelly 2003)

You should:

- Explain to your child that they will be coming to hospital
- Tell them they will be looked after by the doctors and nurses
- Explain in a simple and truthful way what they are due to have done
- Explain that they will meet other children having operations on the day
- Tell your child there will be lots of toys and games to play with
- and, most importantly, that you will be there with them during their stay

Certain operations can be done as a Day Case procedure, this means that your child can go home the same day as the operation.

Advances in anaesthetics and surgical techniques make Day Case surgery as safe as staying in hospital.



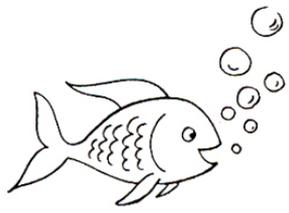
How to prepare your child:

The decision for day case procedures depends on:

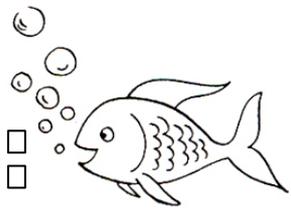
- The type of operation, if it's a morning or afternoon operation and an assessment of your child's health
- You live within an acceptable distance from the hospital
- There are two adults (if possible) to accompany your child home - this must be by taxi or car (not by bus)
- You have access to a telephone to call for help if needed
- Your child is registered with a doctor's practice.

You will be made aware of this at your Pre-operative assessment

However even if you are told you will be day case, you should still bring an overnight bag **in case** for any reason you need to stay in hospital



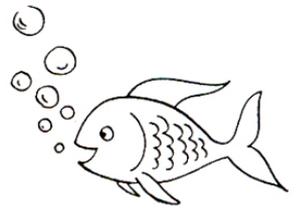
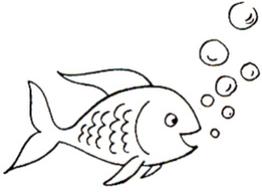
Important information:



Fasting criteria		Last meal
Babies	Breast fed	3 Hours before surgery
	Formula fed milk	4 Hours before surgery
Children	Morning operation	No food after midnight Clear fluids up until 08.00 am
Children	Afternoon operation	No food after 07.30 am, Clear fluids up until 12.30 pm

Clear fluids are: water or diluted squash

These instructions MUST be followed: it is important that you arrive at the time stated on the admission letter and that you have followed the appropriate fasting times for your child.

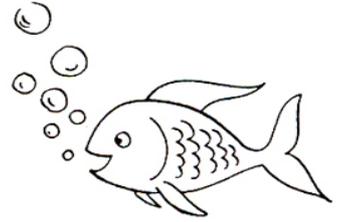


Important information:

Things to bring with you:

- Any regular medication/inhalers your child is currently taking
- Favourite toy (can be taken into theatre)
- Night wear/shorts and t-shirt (must be cotton) for theatre plus dressing gown/slippers
- Overnight bag in case your child does need to stay in
- Income support/family credit book (if you need to claim travel fees)
- Change for parking

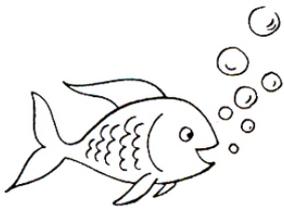
On arrival:



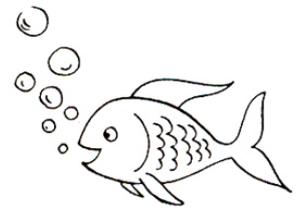
Space is limited on the Unit, therefore we advise only the accompanying adult/s to attend with the child

Please try to leave valuables at home. The Unit cannot be held responsible for valuable property

- On arrival please report to reception (please update any personal information such as change of address/GP/ telephone numbers)
- You will be called by the nurse, who will admit you and apply a name band and ametop cream, as explained at the pre-op assessment
- You will then see the surgeon and anaesthetist; they will explain what will happen during the operation and there is a chance for you to ask any questions that you have
- Once you have been seen by everyone, your child will need to get changed into their night clothes ready for the operation. **Please be aware the list goes in age order from youngest first so your child may have a wait before their operation**
- There is a toy room and teenage area; however hand-held games/magazines etc can be brought with you to keep them occupied during the wait.
- You will be able to go to the anaesthetic room with your child. Very occasionally, in exceptional circumstances, this is not appropriate and the anaesthetist will discuss this with you prior to the operation.



Discharge home!



Discharge depends on the criteria set by the surgeon and anaesthetist. This is usually between 1 and 6 hours, depending on the operation.

Sometimes an overnight stay is required, in which case your child will be transferred to the ward, once awake from the anaesthetic.

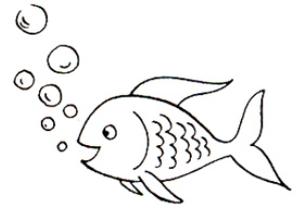
All post operative instructions, including pain relief, will be given to you once your child is ready for discharge. We advise where possible two adults to accompany your child home.

Please ensure you have arranged suitable transport home, we do not allow you to go home by bus and transport is not provided.

Someone must be with your child for the first 24 hours following the operation - this includes no school/nursery the next day.

Please follow all advice given at discharge and use contact numbers provided if concerned or in an emergency

Additional information



Refreshments/Cash point/ Shops

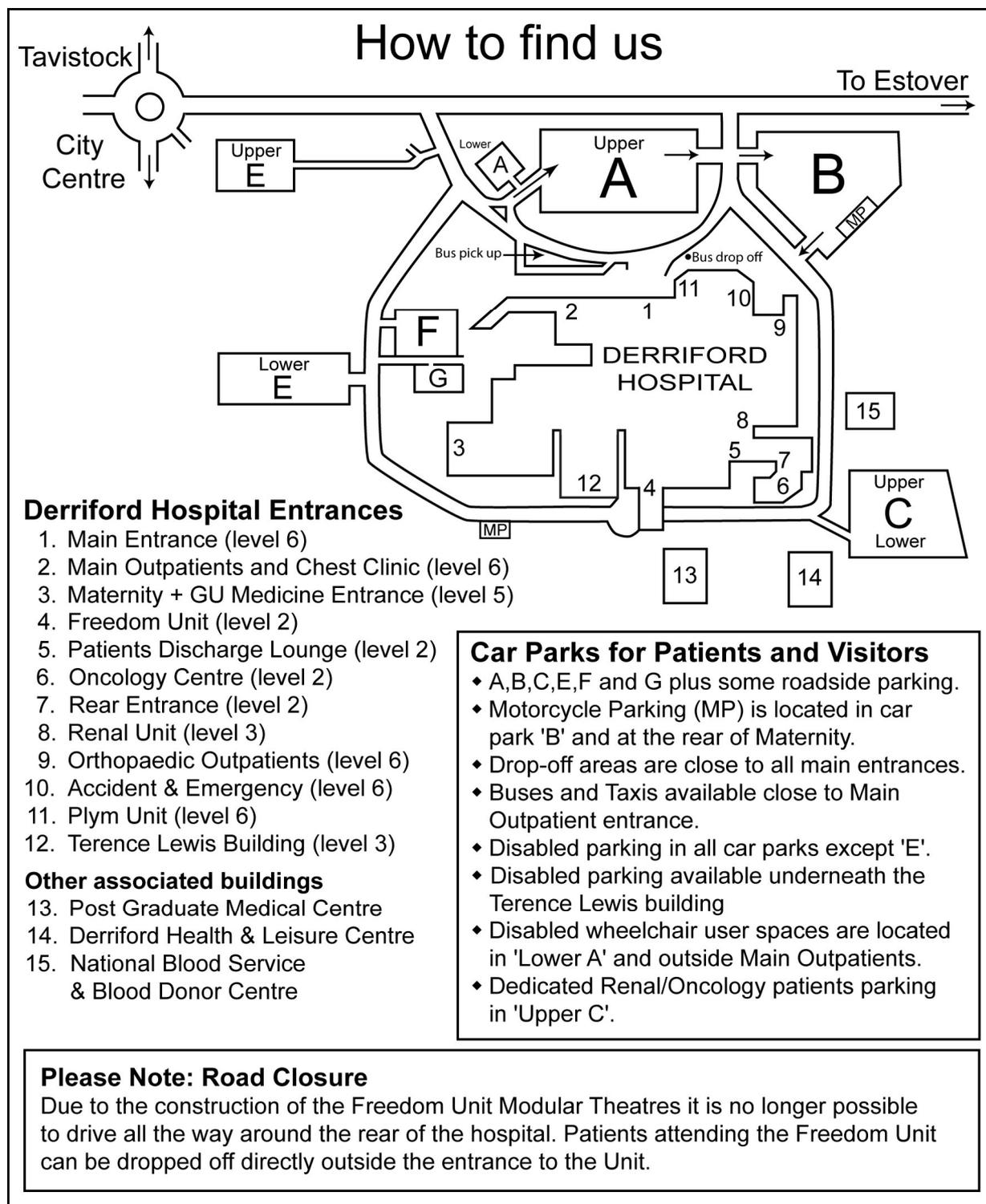
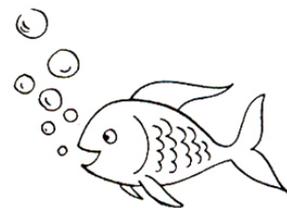
Patients are provided with food/refreshments following their operation. Relatives/guardians are not, but can buy food and drinks from:

- **The Greenbank Restaurant** on level 7 which is open: 7.30am-5pm and 6-8pm
- **Warrens Bakery:** on level 6 in the main entrance which is open: 7am-7pm Mon to Fri and until 5pm at the weekends.
- There is a **Barclays cash point** located outside the main entrance on level 6.

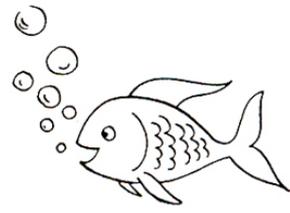
Shops are available on level 6 which include:

W H Smiths, and a fruit shop.

How to find us:



Notes:



**This leaflet is available in large print
and other formats.
Please contact Patient Services
01752 763031**