



DAY SURGERY

Dear Parents, your child has just had a Day Surgery and is ready to go home. This following information will help ensure your child has a safe recovery after leaving the hospital.

Care for the surgical or procedural site

- Please follow these instructions given by the nurse or the doctor:

Pain management

- Give acetaminophen (Tylenol® or Tempra®) every 4 hours if needed, but no more than 5 doses total in 24 hours. Next dose may be given only at _____ hours.
- Other medications might be prescribed. **It is very important to follow the exact dosage and frequency prescribed.**
- Refer to other instructed pain management information.

When will life go back to normal?

- **Activity:** Quiet activities today with close supervision. Resume regular activities according to your surgeon's instructions
- **Bathing:** May have a bath or shower the day after the surgery
- **Diet:** Give water, apple juice, Popsicle, flat ginger ale or Jell-O for one to two hours. If tolerated, proceed to a soft diet such as soup, yogurt, ice cream and/or cereal. Tomorrow, your child may take a normal diet.
- **School/Daycare:** May go back to school/ day care in _____ day(s).

When to call the doctor?

- Pain that does not lessen even after giving your child the prescribed medications.
- A fever of 38.5° C (101°F) or higher, 48 hours after the surgery or procedure.
- Unexpected redness, bleeding or swelling at the surgical or procedural area

Follow-up

- For your next appointment please call 514- 934- 1934, extension: _____
- Clinic _____ Doctor: _____
- Type of follow-up recommended: in clinic by phone other _____

Contact Information

IF CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514- 934-1934 AND ASK FOR THE PHYSICIAN ON CALL FOR THE _____ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.

***Disclaimer:** Information provided by this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning the care of your child.*