



Pediatric Post Surgery Discharge Instructions

Diet

For the first few days after your child returns home she/he should eat foods that are easily tolerated normally.

Medications

- Pain management is an important part of your child's post-surgery care. You should expect your child to have some discomfort after their surgery. She/he may be sent home with a prescription for pain medication. It is important to give your child's pain medication prior to the pain becoming severe.
- REFILLS: no pain medication refills will be authorized on weekends. If a refill is needed, please call our office Friday before noon.
- Some side effects from the pain medications include nausea and constipation. If your child experiences vomiting related to pain medications, you should stop the medication and give your child ibuprofen or acetaminophen for pain management.

Bowel Care

To prevent constipation, your child should drink plenty of fluids. Some children may need a stool softener such as Miralax (generic polyethylene glycol is fine). Stool softeners are available over the counter at the local pharmacy or grocery store.

Incision Care

- Please leave the dressings on for 7 days after the surgery unless instructed otherwise by the physician (do not submerge in a bath tub during this time). If a dressing becomes saturated, replace with a dry dressing. After 7 days, remove the dressings.
- If clothes irritate the incision or if there is some drainage from the incision, you may leave a dry gauze dressing over the incision.
- Please observe the incision daily for signs or symptoms of infections. These signs would include increased swelling, redness, or smelly wound drainage. It is normal to have some swelling and bruising around the incision.
- It is normal to have a firm lump directly beneath the incision line. This will disappear within a couple of months.

Physical Activity/Restrictions

Upon your return home your child should be allowed to be gently active and up in your home playing.

Bathing and Showering

Your child may start showering 24 hours after the surgery dressing is in place. Do not scrub across the incision, just allow the water to run over the area. Replace with dry dressing after showering. **Do not bathe in a tub or hot tub for 7 days following the surgery.**

Return To School

Your child may return to school as soon as tolerated. Please notify our office if you need a return to school or PE letter. It may take up to 24 hours for the letter to be completed. If you would like us to fax a letter to your child's school, please provide us with a fax number and we would be happy to send it over.

Follow-Up Appointments

You will need to return to the office for a follow-up visit usually within 2 weeks after your child's surgery. Please make sure you have an appointment scheduled.

Problems to Watch Out For:

Call the Office for the Following:

- Fever above 101 °F (or 38.3C)
- Uncontrolled pain that is above a 7 on a pain scale of 1-10 with 10 being the worst pain.
- Nausea and/or vomiting that continues for 12-24 hours.
- Diarrhea that continues for 12-24 hours.
- Signs of a wound infection.
- Chest pain or difficulty breathing.
- The incision separates or opens up.
- Anything else that seems unexpected.

If you have any further questions, please call our office at 541-852-4800