

After surgery instructions – child

If you were given handouts about your child's surgery, please review the information on caring for your child after surgery.

Pain

- Your child was last given pain medication at: _____

- Give the next pain medication as directed by your surgeon.

Incision

- Keep the incision clean and dry.
- Your child should not soak in a bathtub or hot tub, or swim until the incision is fully healed or when your surgeon advises.

Dressing

- Remove the dressing _____ days after surgery. After your child has a shower, pat the incision dry. If there are small white tapes on the incision, do not remove them. Let them fall off on their own.
- Leave the dressing on until your child's follow-up visit with the surgeon.

Stitches

- The stitches or staples are to be removed by your surgeon or family doctor.
- The stitches will dissolve on their own.

Activities

- If your child had surgery on an arm, hand, leg or foot - keep it up (elevated) as much as possible to reduce swelling.
- Your child can slowly return to normal activities.
- Talk with your surgeon about when your child can return to school, start exercise and travel.

Follow-up appointment

Surgeon Family doctor Clinic _____

- Call tomorrow to make an appointment in _____ weeks.

Special instructions

- _____
- _____
- _____

When do I need to get medical help?

Pain

- Increasing pain not relieved by medication

Fever

- Fever – a temperature of 38.5°C (101.3°F) or higher

Incision

- Increased swelling or redness around the incision
- Increased bleeding or drainage

Dehydration

- Passing much less urine (pee) than usual, or not passing urine by _____ am/pm.
(time)
- Continued vomiting
- Unable to drink or eat

If your child has any of these problems, contact your surgeon or family doctor. If you are unable to reach a doctor, go to an Urgent Care Centre or hospital Emergency Department.