

POST OPERATIVE INSTRUCTIONS FOR CHILDREN FOLLOWING CIRCUMCISION

Fluids only at first, but he may have a light diet as soon as fluids have been tolerated. Your son will control activity as much as is necessary.

Panadol and/or Ibuprofen (Brufen) will be necessary for pain as the local anaesthetic wears off. This should be in the amount prescribed and regularly for the first few days. It can be stopped once you no longer think it is necessary. A script will be given to you at the time of surgery. An alternative medicine will be prescribed if there are allergies.

Bactroban Ointment applied to his penis and/or nappy will provide protection against urine/poo contamination the surgical wounds and prevent your son's penis sticking to his nappy/undies. Vaseline or a nappy cream is an alternative and either can be placed on a non-stick Telfa dressing or directly onto his penis inside his undies.

Sponge bath or shower the next day and he may then have a short bath after 48 hours, unless required earlier to clean the area after a dirty nappy. Drying the area post operatively can be made a little easier in some situations with a hair dryer but don't burn him! (or electrocute yourself!)

There is often swelling of the shaft, worse on the under surface, and ulceration of the head of the penis.

No school for about one week and avoid sport for about two weeks. The stitches are dissolving and do not need to be removed.

Please phone the Kidzhealth rooms on **524 4333** soon after discharge to arrange an appointment to be seen in 10 days.

Please phone your surgeon if there is a problem.

POST OPERATIVE INSTRUCTIONS FOR CHILDREN FOLLOWING

ORCHIDOPEXY

Fluids only at first, but he may have a light diet as soon as fluids have been tolerated. Your son will control his own level of activity as much as necessary.

Panadol and/or Ibuprofen (Brufen) will be necessary for pain as the local anaesthetic wears off. This should be in the amount prescribed and regularly for the first few days. It can be stopped once you no longer think it is necessary. A script will be given to you at the time of surgery. An alternative medicine will be prescribed if there are allergies.

Sponge bath or shower the next day and he may then have a short bath after 48 hours, unless required earlier to clean the area after a dirty nappy. Drying the area post operatively can be made a little easier in some situations with a hair dryer but don't burn him! (or electrocute yourself!) The groin dressing is waterproof and should stay on for 1 week. It can otherwise be removed at the follow up appointment.

You will be given an antibiotic cream Bactroban, which is to be applied to the stitches on his scrotum and will provide protection against urine/pooh and prevent your son's scrotum sticking to his nappy/undies. Vaseline or a nappy cream is an alternative and can be placed on a non stick Telfa dressing inside his undies. This should be used until healed

The stitches are dissolving and do not need to be removed. Those in the scrotum are visible.

No school for about one week, avoid sport for about two weeks.

Please phone the Kidzhealth rooms on **524 4333** soon after discharge to arrange an appointment to be seen in 10 days.

Follow appointments: at 1 year, 5 years and puberty including teaching testicular self examination

Please phone your surgeon if there is a problem.

POST OPERATIVE INSTRUCTIONS FOR CHILDREN FOLLOWING

INGUINAL HERNIA, EPIGASTRIC HERNIA, UMBILICAL HERNIA, OR HYDROCELE REPAIR

Fluids only at first, but they may have a light diet as soon as fluids have been tolerated. Your child will control their own level of activity as much as necessary.

Panadol and/or Ibuprofen (Brufen) may be necessary for pain as the local anaesthetic wears off. This should be in the amount prescribed and may be needed regularly for the first few days. It can be stopped once you no longer think it is necessary. A script will be given to you at the time of surgery. An alternative medicine will be prescribed if there are allergies.

Sponge bath or shower the next day and then have a short bath after 48 hours, unless required earlier to clean the area after a dirty nappy. The dressing is waterproof and should stay on for 1 week. It can otherwise be removed at the follow up appointment.

The stitches are dissolving and do not need to be removed. Small children can be back at day care within a few days. In older children no school for about one week, and no sport for about two weeks.

Please ring the Kidzhealth Rooms on **524 4333** to make a follow-up appointment for approximately 2 weeks after the operation.

Please phone your surgeon if there is a problem.

POST OPERATIVE INSTRUCTIONS FOR CHILDREN DISCHARGED FOLLOWING

Appendicectomy

Fluids only at first, but they may have a light diet as soon as fluids have been tolerated.

Give paracetamol for pain relief as prescribed (except when asleep) for the day of operation, then as needed after that. Other pain medicine will be on your prescription for when extra pain relief is needed. Shoulder tip pain is most often due to the gas used to distend the abdomen at the time of laparoscopy. In general they will need something for the

The dressing is water-proof, so bathing can begin the day after surgery. Leave the dressings on for 1-2 weeks.

Children regulate their own activity according to how they feel after an operation but stay off school for 1 week and sporting activities can usually be recommenced after 2 weeks

In general stay out of swimming pools, spa pools and the sea until you see the surgeon for followup.

Please ring the Kidzhealth Rooms on **524 4333** to make a follow-up appointment for approximately 10 days-2 weeks after the operation.

Please phone your surgeon if there is a problem such as fever >38 C, more than 3 vomits or increasing pain.

POST OPERATIVE INSTRUCTIONS FOR CHILDREN FOLLOWING

Removal of a Dermoid Cyst

Pain relief

Give paracetamol syrup for pain relief. The correct dose is on the bottle.

Dressing

The wound will usually be covered with a 'steristrip' plaster – leave this on for 1 week.

Try to keep the dressing dry especially for the first 48 hours. You will be given other steristrips to replace the original one with as needed

Follow-up

Please ring the Kidzhealth rooms on **524 4333** to make a follow-up appointment for approximately 2 weeks after the operation.

Please phone your surgeon if there is a problem

POST OPERATIVE INSTRUCTIONS FOR CHILDREN FOLLOWING

Wedge resection of ingrown toenail

Pain relief:

A nerve block should make your child's toe numb for ~ 6 hours initially. Give paracetamol for pain relief as prescribed (except when asleep) for the day of operation, then as needed after that. Other pain medicine will be on your prescription for when extra pain relief is needed.

Dressing:

The bandage should stay on for approximately 2-3 days. A community nurse or your family doctor can remove it. After removal, keep the wound clean and redress it with non adhesive dressings and padding. Bathe the foot everyday in a warm salt foot bath. Dry it carefully afterwards. Apply antibiotic ointment after each bath, as prescribed.

Activity:

Rest the foot for approximately 1 week. Try to keep the foot elevated above the level of the knee. Take 2-3 weeks off sport. Stay out of swimming pools, spa pools and the sea for 2 weeks.

Please ring the Kidzhealth rooms on **524 4333** to make a follow-up appointment approximately 10 days after the operation.

Please phone your surgeon if there is a problem

What to do after Hypospadias repair

- Pain relief
 - Give paracetamol syrup for pain relief. The correct dose is on the bottle. Give every 4 hours (except when asleep) for the day of operation, then as needed after that.
 - Give any other pain relief medication as needed, as per instructions.
- Other medication may include
 - Antibiotic syrup:
 - One dose every evening while the stent (tube) is in the penis.
 - Antibiotic ointment:
 - Apply to penis every nappy change.
 - Vaseline / petroleum jelly:
 - Apply liberally to nappy after every nappy change.
- Stent / catheter
 - If there is a stent or catheter, please take great care of this and do not allow your child to pull it.
 - Double nappy technique:
 - One nappy is put in place after applying the ointment to the penis and plenty of petroleum jelly or Vaseline to the nappy.
 - The end of the catheter passes out of the first nappy, with above the waist, around the leg or through a hole in the nappy.
 - A second nappy is put on – the catheter drips into this nappy so that the penis itself remains dry.
- Bathing
 - A quick, warm, clean bath is advised 2-3 times a day for the first week or so.
 - A tablespoon of salt may be placed in the water ('sitz baths').
 - Change the nappy quickly if it becomes dirty and bathe if necessary.
- Activity
 - Children regulate their own activity according to how they feel after an operation.
 - Allow normal activity, play etc.
 - Avoid exposure to over boisterous activity for a few days.
 - Stay out of swimming pools, spa pools and the sea for 2 weeks.
- Follow-up
 - If a catheter is in place this will usually be removed 2 days after the operation.
 - Ring the Kidzhealth Rooms on **524 4333** for a post op appointment within 10 days from surgery.
 - Ongoing follow-up will be at approximately 6 months then yearly.
 - Please ring if concerned.

POST OPERATIVE INSTRUCTIONS FOR CHILDREN FOLLOWING

Division of Tongue Tie

Give paracetamol syrup for pain relief, if needed. The correct dose is on the bottle.

Oral intake can begin soon after the operation.

Avoid hard foods such as rusks or hard toast for the first day after the operation and be careful when brushing teeth.

Please ring the Kidzhealth rooms on **524 4333** to make a follow-up appointment for approximately 10 days after the operation.

Please phone your surgeon if there is a problem

POST OPERATIVE INSTRUCTIONS FOR CHILDREN FOLLOWING

Sistrunk's Procedure for Thyroglossal Duct Cyst

Swelling or Breathing Problems

If you have any concerns about swelling under the wound you're your surgeon immediately (phone number below)

If there are any breathing problems or noisy breathing ring your surgeon immediately or go straight to Children's Emergency at Starship Hospital

General instructions:

Give paracetamol syrup for pain relief. The correct dose is on the bottle. Give every 4 hours (except when asleep) for the day of operation, then as needed after that. Your child's neck may seem a little stiff.

The dressing is water-proof, so bathing can begin the day after the operation. Leave the dressing on for 1-2 weeks.

Children regulate their own activity according to how they feel after an operation. Allow normal activity, play etc. Avoid exposure to over boisterous activity for a week. Stay out of swimming pools, spa pools and the sea for 2 weeks.

Please ring the Kidzhealth rooms on **524 4333** to make a follow-up appointment for approximately 2 weeks after the operation.

POST OPERATIVE INSTRUCTIONS FOR CHILDREN FOLLOWING

Skin or Subcutaneous lump removal

Pain relief

Give paracetamol syrup for pain relief. The correct dose is on the bottle. Give every 4 hours (except when asleep) for the day of operation, then as needed after that.

Dressing

A waterproof dressing will often be used – this can be removed after 1 week.

Stay out of swimming pools, spa pools and the sea for 2 weeks.

Bathing

A bath or shower can be taken the day after the operation.

If the dressing is waterproof it is fine to wet it, but carefully dab the area dry afterwards.

Please ring the Kidzhealth rooms on **524 4333** to make a follow-up appointment for approximately 2 weeks after the operation.

Please ring if concerned.

POST OPERATIVE INSTRUCTIONS FOR CHILDREN FOLLOWING

Separation of Labial Fusion

Apply petroleum jelly twice daily to help prevent recurrence.

It may sting on passing urine after the operation. The petroleum jelly coating will help prevent this.

Give paracetamol for pain relief if needed.

Please ring the Kidzhealth rooms on **524 4333** to make a follow-up appointment for approximately 10 days after the operation.

Please ring if concerned.