

***Your child is  
coming to hospital  
for plastic surgery assessment***

***Important information for  
parents and carers***



**Royal Aberdeen Children's Hospital**

## About plastic surgery assessment

We are sorry that your child has experienced an injury - we are here to help. This leaflet explains what happens next.

Your child has been referred for a Plastic Surgery assessment by the Emergency Department.

Please report to the **Surgical Ward** on the **second floor** of Royal Aberdeen Children's Hospital:

At:

On: .....

Please do not bring any other children or lots of family members with you, as space is limited.

If you have any problems, please contact the Surgical Ward on (01224) 550394.

## Before you come back to hospital

### ***Eating and drinking instructions***

**Please carefully follow the "Eating and Drinking instructions for procedures under general anaesthesia at RACH" that you have been given.**

**If these instructions have not been followed, your child's procedure will be cancelled on the day.**

### ***Regular medication***

Any regular medication your child takes can be given at the usual time. A small sip of water is allowed to help swallow medication, even though your child is fasting.

### ***A parent or legal guardian must accompany their child***

If you are not the child's parent but have legal responsibility for the child, please bring with you the appropriate documentation and proof of identity.

If you are a foster carer you must bring the appropriate Social Work Department consent before the child will receive treatment.

The child's appointment cannot go ahead if the above instructions have not been followed.

## ***On Arrival to the Surgical Ward***

**A Plastic Surgeon** will review your child and decide whether your child requires an operation. Not all children require an operation. Some children will just need a change of dressing, before going home.

The surgeon will make sure that you understand and agree to the planned treatment for your child.

If your child does require an operation, this will usually take place in theatre, under general anaesthetic, either in the morning or afternoon, depending upon theatre availability.

Very rarely, if theatre is busy with emergencies, you may be asked to return another day.

**A nurse** may put some local anaesthetic cream or “numbing” cream onto the back of your child’s hand(s). They will weigh your child and, give them special theatre clothes to wear.

If your child does require an operation, **an anaesthetist** will talk to you and your child about the anaesthetic.

## ***The Anaesthetic***

The anaesthetic is often given through a tiny tube, called a cannula, in the back of your child’s hand. The local anaesthetic cream numbs the back of your child’s hand(s), so that insertion of this is comfortable. The anaesthetic may also be given through a mask, but the anaesthetist will discuss the options with you

If your child is very anxious, the anaesthetist may discuss whether your child needs medicine to help them stay calm and relaxed before their procedure.

Your anaesthetist will listen to any concerns you may have and decide the most suitable anaesthetic for your child.

## ***The Procedure***

Your child’s procedure will be carried out in the emergency theatre at Royal Aberdeen Children’s Hospital.

One parent can stay with their child as they go off to sleep. It is helpful to stay calm and chat to your child. We have books and other items to help keep your child occupied and to provide some distraction. Please be aware that your child may go off to sleep quite quickly. This often takes parents by surprise.

Once your child is asleep, you will be taken back to the Surgical Ward.

## ***Recovery***

As soon as your child awakens you will be invited to join them in the recovery room. It is common for children to be a little upset and disorientated at first, but this usually settles with time.

Your child will return to the Surgical Ward, where they can rest for a little longer. They will be offered something to eat and drink before hopefully going home.

A nurse will talk to you about how to care for your child's dressing when you go home. They will give you written instructions too.

## ***How long will we be in hospital?***

Expect your child to be in hospital for **at least 5 hours**, maybe longer depending on the emergency theatre space.

## ***What should I tell my child before they come into hospital?***

It is most important that you are **honest** with your child, so that they are prepared for their visit. Even very young or anxious children must be told:

- They are coming into hospital to see a doctor and they might need an operation
- If they do need an operation, they will be given a general anaesthetic or "sleepy medicine" so that they will not remember their operation.
- They will be given pain relief medicines, so that they are comfortable when they wake up.

If you or your child have any questions, please ask any of our staff at any time.

## ***Useful websites***

### **[www.rcoa.ac.uk/childrensinfo](http://www.rcoa.ac.uk/childrensinfo)**

The website of the Royal College of Anaesthetists. This site has leaflets and videos that will help you and your child prepare for their anaesthetic.

### **[www.mychildsinpain.org.uk](http://www.mychildsinpain.org.uk)**

A site developed by researchers working with parents of children who have had day case surgery.

Please note that NHS Grampian is not responsible or liable for the quality of the information, resources or maintenance of external websites. Any advice on external websites is not intended to replace a consultation with an appropriately qualified medical practitioner.

**This leaflet is also available in large print.**

**Other formats and languages can be supplied on request.**

**Please call Quality Development on (01224) 554149 for a copy.**

**Ask for leaflet 1644.**

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call (01224) 554149 to let us know.