

# Ørelinikken

v/ speciallægerne i øre-næse-halssygdomme Dorit Thusholt & Thomas Skov Randrup  
Gartnerivej 5, 7500 Holstebro – Tlf. 97402322

Appointment for surgery: \_\_\_\_\_

Appointment for check-up: \_\_\_\_\_

## Preparing your child for surgery

The surgery will be performed under general anaesthesia.

To ensure a safe procedure we ask you to inform us if your child suffers from asthma, diabetes, allergies, whooping cough, heart disease, anaemia or if your child is currently receiving any medical treatment.

In the event of any new medical conditions occurring before the date of the surgery, you must inform us as soon as possible. If your child suffers from a common cold on the day of the surgery, you must also inform the anaesthesiologist upon arrival.

### **Fasting prior to the procedure:**

It is very important to keep a period of fasting ahead of surgery, to minimize the risk of aspiration. **Children undergoing any procedure under general anaesthesia are obliged to fast for 6 hours before surgery.** This includes dairy products and chewing gum.

If your child is being breast fed, you must not breast feed **4 hours** ahead of surgery.

**Your child may drink watery fluids until 2 hours prior to surgery** (including juice, cordials, water or water-based ice cream) **Important: NO dairy products!**

If your child is having an adenoidectomy or tonsillotomy, you must give your child paracetamol 1 hour prior to surgery.

Panodil supp./tabl./mixtur \_\_\_\_\_ mg/ml 1 hour prior to surgery, if your child is having an adenoidectomy.

Your child may not wear nail polish.

Please arrive at the clinic 15 minutes ahead of your planned time for surgery, **and if possible, ensure your child makes use of the toilet facilities when you arrive.**

### **Recovery from surgery:**

Generally, recovery from surgery is speedy, but your child must be under adult supervision for the rest of the day and night. If you are driving to the clinic, another adult must accompany you to care for your child for the journey home. You are welcome to bring a blanket to comfort your child while he/she is recovering. You may also bring a doll or teddy bear.

In the event of obstructed breathing, bleeding or any other problem after surgery, contact the clinic on the telephone numbers listed below. After 16:00 hours, contact the emergency helpline (Lægevagten)