

General anaesthetic for children (1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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A general anaesthetic may be offered to your child to reduce the discomfort associated with laser treatment. This leaflet will help you prepare for this. Please make sure you read any additional information sheets you have been given before your appointment.

If your child has a chronic medical condition or develops a cough or cold within a week of the appointment date, please contact the Salisbury Laser Clinic for advice.

If you cannot keep your appointment, please let us know as soon as possible.

Preparing for the appointment

You may want to watch the following video with your child. It will help to explain some of the things that will happen on your visit and make your child feel more at ease: www.starsappeal.org/sarum-childrens-ward

- Your child must not eat for **6 hours** before your appointment time, in order to prevent any complications with the anaesthetic. This includes chewing gum and sweets. We recommend that your child has a drink of water, or a clear fluid, **1 hour** beforehand. It is very important that your child does not drink anything after this time.
- Your child may take any regular medication as usual.
- If your child is unwell on the day, the anaesthetist may choose to defer their treatment. If you have any concerns in the days leading up to the appointment, please contact us.
- Your child should be as healthy as possible when they have an anaesthetic.
- You should not use public transport to take your child home after a general anaesthetic. We recommend, where possible, that an additional adult as well as the car driver accompanies your child home.
- Your child should try to have a bath or shower on the morning of the appointment.

What to bring with you and what to wear

- Any drugs, medicines or inhalers that your child is using.
- A favourite book, colouring/sticker book or toy.
- A light snack and drink for when they wake up.
- Your child should wear glasses, rather than contact lenses.
- Your child should wear comfortable, loose-fitting clothing.

Contact: Salisbury Laser Clinic
Tel: 01722 345520

What will happen at the appointment?

- You will meet the anaesthetist, who will talk to you and your child. They will ask you about your child's previous medical history to make sure that it is safe to give them an anaesthetic.
- An anaesthetist will explain the anaesthetic procedure to you and your child. The benefit of the laser procedure and the associated risk of the anaesthetic will have been considered by the team treating your child. They will be happy to discuss this with you.
- You will be asked to sign a consent form. Nothing will happen until you understand and agree with what has been planned for your child. You can get more information about consent at: www.rcoa.ac.uk/childrensinfo.
- You will find that you are asked some questions more than once. This is routine and part of the checking procedure. Likewise, you are free to ask any questions that you may have at any time.

Waking up from the anaesthetic

- Your child may be given a suppository for pain control during the anaesthetic. This will always have been discussed with you beforehand.
- An anaesthetist will be with your child while they are under the anaesthetic.
- After the procedure, your child will be cared for by a recovery nurse.
- Once your child is awake, you will be invited into the recovery room.
- Normally your child can eat and drink again soon after waking up.
- Your child will stay in hospital until it is safe to let you go home. This will normally be no longer than an hour or two.

For 24 hours after a general anaesthetic

- Common side effects include a sore throat, feeling sick and shivering. Some child paracetamol should help with these symptoms. If they persist or you become concerned, seek medical assistance.
- Encourage your child to rest quietly.
- Follow any special instructions that we may give you regarding medications or diet.
- Encourage your child to eat something light when you get home.
- Make sure that a responsible adult is with your child and remains with them during this period.

Further information

Serious problems after modern anaesthesia are extremely uncommon. You can find out more about the risks of anaesthesia at: www.rcoa.ac.uk/patients-and-relatives/risks

Further information about anaesthetics, is available on the Royal College of Anaesthetists

website: www.rcoa.ac.uk/patientinfo

Email: laser.enquiries@salisbury.nhs.uk

Website: www.lasers.salisburyhealthcare.org or www.salisburylaserclinic.org.uk

Phone: (01722) 345520