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Harrogate and District
NHS Foundation Trust

Coming to Hospital for an operation



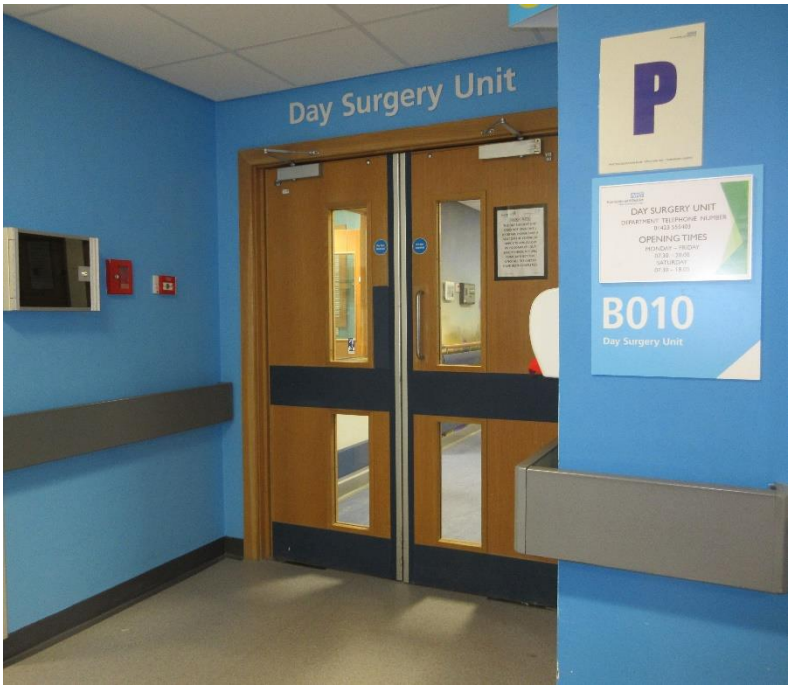
Day Surgery



You need to come to hospital for an operation.

As you are under 16 you will be asked to come to a children's day in the Day Surgery Unit.

The Day Surgery Unit is on the ground floor of the hospital Room B010.



You will be asked to come for 07:30 if your operation is in the morning or 12:00 if your operation is scheduled for the afternoon.

The operations in the morning usually start at about 08:30 and in the afternoon at about 13:30.

You will have to wait your turn for your operation. The youngest children usually go first.

Bring mum, dad or your carer with you and something to do whilst you wait. There can be lots of waiting!

Before your operation you are not allowed anything to eat. You can have sips of water to drink.

Bring some food with you, as you will be allowed to eat afterwards. If you are having dental surgery, bring something soft to eat.

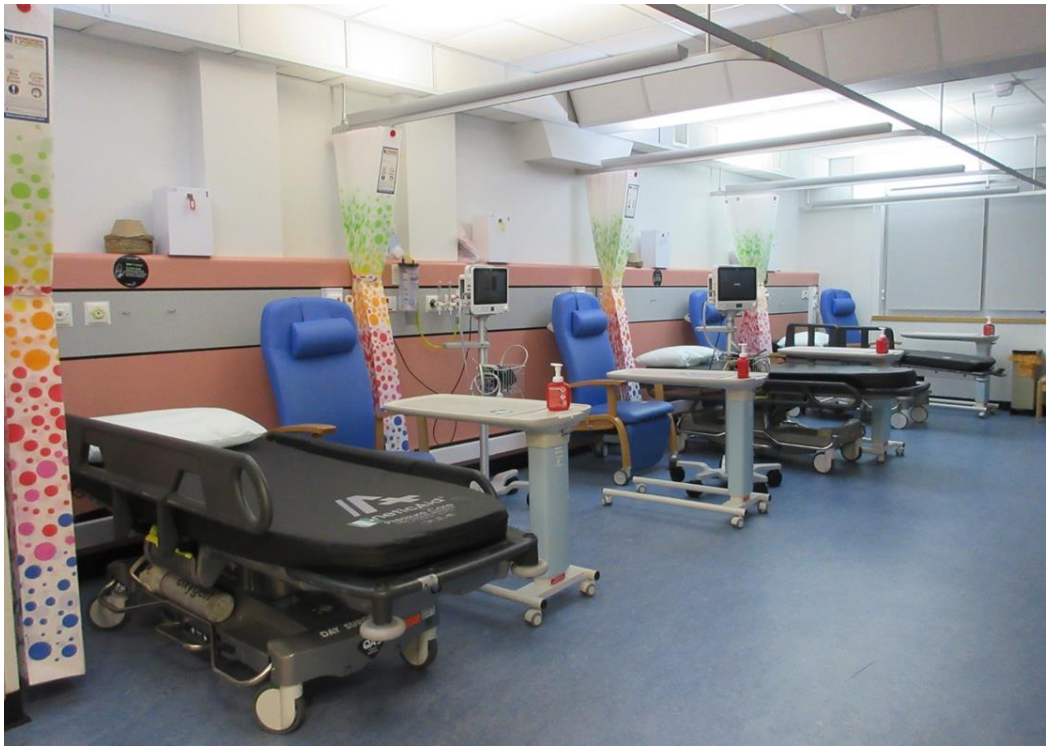
Depending on your operation and recovery you will usually be able to go home the same day.

You may have to stay overnight so bring a small overnight bag with you just in case.

You will be able to wear your own clothes for your operation so come in comfy clothes with no metal zips or fastenings. You can bring pyjamas if you like.

Before you come take off any nail varnish, make-up and jewellery.

When you arrive we will show you where to sit and wait.



A nurse will take your temperature, measure your heart rate, take your blood pressure and put a name band on you.







The nurse will put numbing cream on the backs of your hands so that the cannula doesn't hurt.



A cannula is a tiny plastic straw that goes in the back of your hand. The anaesthetic medicine that makes you sleep, goes through the cannula.



The cream takes an hour to work and keeps your skin numb for about 3 - 4 hours.

Before your operation your surgeon will come and see you. They will ask your parent or carer to sign a consent form and might draw on you to mark where they are going to operate.

The anaesthetist will also come and see you. They will talk to you about having the anaesthetic medicine.



The anaesthetist will look after you whilst you are asleep and make sure you stay asleep during the operation.

When it's your turn, a nurse will take you and your mum, dad or carer round to the anaesthetic room.

We will check your nameband and ask you to lie up on the trolley bed.

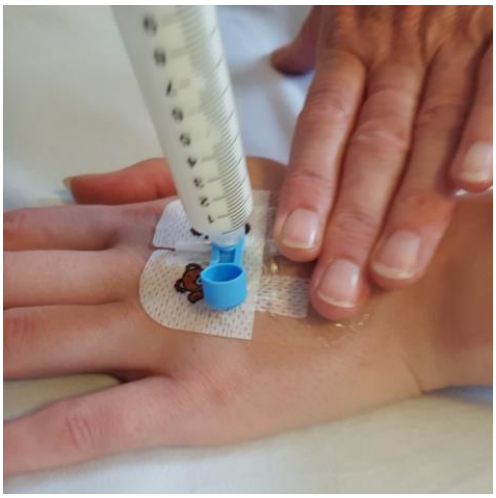


A nurse will put some monitors on you to measure your heart rate and oxygen levels and will take the numbing cream off your hands.



The anaesthetist will put the cannula in the back of your hand and put the anaesthetic medicine through the cannula.





You might feel it a little bit cold as it goes up your arm but you will be asleep in a few seconds.

If you prefer, you can go off to sleep by breathing in the anaesthetic medicine through a mask.



The gas is a bit smelly and takes a few minutes to work.

Once you are asleep the anaesthetist will put a cannula in the back of your hand and give you more medicine to keep you asleep for your operation.

You will wake up in the recovery room. A nurse will be looking after you.



As soon as you are awake we will wheel your bed round the corner, to the room where your family are waiting for you.

If you are staying overnight we will take you up to Woodlands Ward.





After your operation, you can have something to drink and then something to eat.



You will need to wait a few hours before we let you go home.

You might feel a bit uncomfortable and sore after your operation. Let the nurses know and they can give you medicine to help.

When the nurses are happy that you are ok they will take the cannula out of your hand and let you go home.

If you do need to stay overnight on Woodlands ward, a parent or carer can stay with you.