

Behaviour before and after surgery at the KSB

Informations for children

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Dear parents and children

Your cooperation can contribute to preventing unpleasant side effects or complications possible during every anaesthetic procedure. Please help in preventing incidents by observing the following safety regulations:

An empty stomach or nil per mouth

Short periods of nil per mouth will increase your child's wellbeing before and after surgery. Unless otherwise agreed, the following nil per mouth instructions apply:

Admission on the day of surgery

- Infants (up to the age of 1 year)
 - Wake your child up at night and allow it to drink a milk bottle 4 hours before admission or mother's milk 3 hours before admission.
 - If your child is already accustomed to tea/water, let him/her drink clear liquid such as sweetened tea or water (no milk/cream, no fruit pulp) 1 hour before admission.
- Children (> 1 year)
 - Wake your child up 1 hour before admission and allow it to drink sweetened tea or water (no milk/cream, no fruit pulp).
 - No more than 200 ml of milk/chocolate milk are allowed 4 hours before admission.
 - Solids are allowed until 6 hours before admission.

Admission one day before surgery

- Unless agreed otherwise, your child does not have to arrive with an empty stomach.

Own medication

Bring all of your child's required medication on the day of admission. Give your child its own morning medication as follows.

Medication:

Vaccinations

As vaccinations may lead to side effects and influence your child's general condition, we recommend a safety margin between a vaccination and surgery or anaesthesia:

- 3 Weeks following vaccination against mumps, measles, rubella, chicken pox (varicella), Yellow Fever
- 1 Week following vaccination against Diphtheria, Tetanus, Whooping Cough (Pertussis), Polio, Haemophilus influenzae Type B, Hepatitis Type A/B, Human papillomavirus, Influenza, Streptococcus pneumoniae, Meningococci (Meningitis), Tick-borne encephalitis Rabies, COVID

If your child's date of surgery lies within this safety margin following vaccination, please call us to postpone the date of surgery. However, your child should be vaccinated according to plan. Following surgery/anaesthesia, we recommend a safety margin of one week before the next vaccination.

Jewellery, valuables and visual aids

- Leave jewellery and other valuables at home.
- Entertainment electronics may shorten your child's hospital stay but are also easily lost. Choose wisely. Music players (MP3 players, Smartphones in Flight Mode) may be taken into the operating room (OR) only if a local anaesthetic is planned in older children. All liability is waived in the event of loss or damage.



- Piercings may lead to burns; leave them at home if removable or tell your child's doctors about them.
- Please ensure that your child does not wear makeup when taken to the OR.
- Spectacles and contact lenses do not belong in the operating room. Exception: older children may take their spectacles to the OR if they are severely visually impaired. All liability is waived in the event of loss or damage.

Parental support in the operating room

The KSB offers the option of one parent accompanying the child into the operating room. Many children find the presence of a parent soothing. As soon as your child is asleep, you will leave the surgical department in the company of a voluntary social worker to allow the surgical team to work unhindered. Further information on parental support is contained in the special brochure «Parental support in the OR». Trauma patients and children under the age of one year cannot be accompanied.

On the day of admission

- Depending on the age of your child, please bring along toys, cuddle toys, clothes, formula and pacifiers.
- The nursing staff will verify nil per mouth and general health status and perform any required measurements (blood pressure, weight, etc.).
- Your child is usually given a sedative juice before surgery.

After surgery

- After surgery, your child will spend some time in the recovery room for close observation.
- During this time, one parent may accompany the child in the recovery room until it is taken back to the children's hospital.
- Your child's initial mobilisation will be supported by our nursing staff. Please wait for the appropriate instructions and assistance.

Behaviour after out-patient surgery

- Depending on the type of surgery, it may be possible for your child to return home on the same day.
- Please note that discharge may be delayed until late evening.
- The following requirements must be met for discharge: age-compliant wakefulness, no mobility problems, normal food intake without nausea, no severe pain.
- Following discharge, please ensure that your child abstains from sports and severe physical strain. Problems at home: If problems occur at home such as severe pain, nausea, malaise, or if you notice any bleeding, call 056 486 21 11 (KSB switchboard) and ask to be connected to the senior physician on duty at the paediatric hospital.

If your child becomes ill before surgery, please contact the anaesthetist under 056 486 31 44. If surgery has to be postponed, please contact the secretariat at the operating clinic as soon as your child has recovered.

Agreement and confirmation

The undersigned confirms to have read and understood the above-mentioned guidelines. The KSB AG hospital cannot be made liable for any consequences resulting from the non-observance of these guidelines.

Baden,

Date

Patient/Parental/ Legal Guardian's signature