

- After few hours, the child will be shifted back to your room.
- The child can start taking bland solid food which is not very spicy, the following day, after the doctor/nurse tells you to feed him.

### **Watch for any of these symptoms**

If any one of the following symptom is present, report immediately to the concerned doctor/nurse.

- Altered / unusual breathing, breath holding, difficulty in breathing, blue lips/ fingers.
- Severe cough
- Fever, Shivering
- Fits
- Vomiting persistently

**Help us make your child's surgery and stay at Aravind Eye Hospital safe, pleasant and comfortable**

<Your Contact Address>  
<Your Website Address>



**What you should know about your child's eye surgery**

<Your Hospital Name>  
<Your Logo>

We understand the anxiety you are going through as you prepare for your child's eye surgery. This pamphlet provides you with the information you need to know to make this experience an uneventful and comfortable one. We request you to go through the following guidelines and familiarise yourself with the operation day routine, the anaesthetic assessment the previous day and the immediate period following surgery.

### **The Day Before Surgery**

The anaesthetist will meet you and your child to assess his/her fitness for surgery. At that time, it is of utmost importance that you provide him with information regarding

- Any previous surgery the child has undergone
- Any previous anaesthesia that has been administered
- Any major illness the child is suffering from, other than the present condition
- Any medication the child is receiving for a long duration
- Any drug allergies
- Any cough, cold or fever suggestive of respiratory infection in the recent few weeks
- Any major condition such as diabetes/hypertension/Asthma/Epilepsy(fits)

### **The Night Before Surgery**

- Feed the child before 10.00pm the night prior to surgery and do not feed him anything after that, not even water. This is important because the child's stomach should be empty for anaesthesia. By mistake if you have given any food it is very important to inform this immediately. This will avoid major complications.

### **The Day of Surgery**

- Dress the child in light, clean and freely fitting clothes. Avoid tight fitting clothes.

- The nurse will take you to the pre-operative room, where you can wait with your child until his/her turn for surgery comes.
- Children are generally very anxious at this time and it is advisable to have only one parent (or attender) with the child.

### **Immediately After Surgery**

- The child will be kept in the recovery room lying down on one side and observed for some time. The child is not fully recovered from anaesthesia at this time.
- The child may be restless, disoriented and may cry or try to remove his bandage. Do not worry stay at his side and talk to him/her in a firm and consoling manner.
- The child will recover in a few hours.
- About two hours after the surgery, with the permission of doctor/nurse, you can give the child a few sips of plain water with a teaspoon. If the child can tolerate the water and does not feel any nausea or does not vomit, the child can start taking oral fluids in small quantities.

The suggested liquids are

- Tender coconut water – ezhaner
- Fresh fruit juices
- Milk
- Avoid bottled drinks and carbonated beverages like Pepsi, Mirinda, Cocacola
- If the child vomits, stop feeding him and inform the concerned nurse/doctor.

