

Eleven+

guide.

Having an OPERATION

What will happen before my operation?

You will be seen by a surgeon and an anaesthetist (the person who gives you the medicine to go to sleep). They will ask you some questions and check that you understand the operation that you are having. They will also be able to answer any questions that you may have.



A nurse will see you to take your weight, heart rate, blood pressure and breathing rate. You will also be asked some questions so that they can learn a little bit about you before you have your operation.

You will need to have a cannula (a small plastic tube) inserted into a vein, usually on the back of your hand. The cannula sits in the vein and allows medicines to be given directly into your body. Before you have the cannula put in, you can have some cream called 'EMLA' cream, put on the backs of your hands to make the area feel numb. The cream will be covered by a clear plaster and stay on for about one hour. You will still be able to use your hands when it is in place.

If you have any anxiety about needles, mention this to the anaesthetist so that they can discuss other options with you.

You will be asked to change into your pyjamas or a hospital gown just before it is time for your operation.

When it is time, a theatre orderly will come and collect you and take you to the anaesthetic room, where you will go to sleep for your operation. You can walk if you would like or you can sit on your bed and be pushed up to theatre.



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What will happen in the anaesthetic room?

One parent or adult can come into the anaesthetic room with you, along with your nurse from the ward, until you are fast asleep. When you arrive in the anaesthetic room, you will be asked some more questions to check who you are and that you understand what is going to happen.

The anaesthetist will take off the clear plaster from the backs of your hands and wipe the remaining cream away. They will then insert the cannula and stick it in place with another plaster. If you want to you can bring a book or an activity to look at whilst this is happening. You will then be given the medicine to send you to sleep for your operation.



What happens after my operation?

When you start to wake up the nurse can get your parent(s) or adult visitors to come and sit with you if you want them to. You may have a mask over your nose and mouth, giving you some oxygen. You will wake up in a large room called the recovery room where a nurse will be looking after you.

The nurses will need to monitor your breathing and heart rate so you will have a spongy 'peg' on your finger or toe. This tells the nurses how well you are breathing and how fast your heart is beating.

If you have any pain or feel sick, you should tell the nurse as they will be able to give you some medicine to make you feel better. The cannula will have a bandage over it so that you don't knock it out. This will be left in place until you are getting ready to go home. This way the nurses can give you some medicine if you have any pain or sickness.



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You may be able to have a drink in the recovery area, but this will depend on the operation you have had so you should check with the nurse first.

When will I go back to the ward?

When you are awake and comfortable, your ward nurse will come and collect you from the recovery room. You will be pushed back to the ward on your bed.



When you get back to the ward the nurses will be monitoring your breathing and heart rate on a regular basis. You should inform them if you are in any discomfort. The nurses will try to respect your privacy at all times, please speak with them if you have anything you are worried about. The nurses will also be able to tell you when you are likely to be going home.

Please fill in the iPad survey and let the Hospital know what you thought of your stay.



We are smoke-free: smoking is not allowed anywhere on the hospital campus. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

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Document history

Authors/ contact number	Children's Services/01223 245151
Pharmacist	N/A
Approval date	March 2022
Version number/ID	4/25081