

Day Surgery Centre

Information for children and parents/carers

This booklet belongs to:

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Welcome

Welcome to King's College Hospital Day Surgery Centre. You come here when you need surgery but do not need to stay overnight in hospital.

Everybody here will do their best to make you feel welcome and comfortable. It can even be fun. There are lots of other children here who have also come for treatment and plenty of books to read, toys to play with and DVDs to watch.

This booklet tells you a bit about what to expect when you come in. If you have any questions, just ask any of our staff and they will do their best to help you.

How to get to and from King's

It can sometimes be hard to find car parking spaces close to the hospital, so you may need to come early or travel in by bus or train. If your mum or dad bring you by car, the main car park is on Caldecot Road. It costs £2.50 per hour so please have enough to cover the length of your stay. There is no parking at the Day Surgery Centre except for a small drop off/pick up point near the main entrance.

Information for parents

It is very important that you take your child home by car or taxi – do not use public transport. This is for their safety.



It can be very warm in the Day Surgery Centre. Sometimes it is so warm you only need a t-shirt in winter! This is what you might need:

- A set of spare clothes
- Your favourite toy/comforter
- Personal stereo, DS or portable video player (with headphones only)
- A few books (or even homework!)

Information for parents – please remember to bring:

- Nappies and wipes
- Formula milk and bottles
- A beaker, if required
- Any medication your child is taking
- A snack box if they are allowed to eat after their operation

What do I need to bring with me?



What is it like in hospital?

You will stay in a room called a 'ward' and have your own bed. There are curtains around your bed which can be closed to make it more private. Your bed has wheels and it is very clever because it can go up and down and tilt forward and backwards and from side to side.

Your mum and dad can stay with you most of the time and there will be lots of children around so it is easy to make friends.

The doctors and nurses are very friendly and will come to talk to you and your parents. They will make sure you understand what is happening and answer your questions.





What happens on the day of my operation?

Please come to the Day Surgery Centre and check in at the reception desk at 7.30am/12.30pm/ on the

If you are coming for day surgery in the morning, you must not eat anything (including chewing gum and sweets) after **2.30am**.

You may drink water only until

If you are coming for day surgery in the afternoon, you must not eat anything (including chewing gum and sweets) after **7.30am**.

You may drink water only until

If your child is less than one year old and you are still breast feeding them, please complete their last feed three hours before their check in time.

One of our nurses will give you a hospital gown to wear and they will put an identification band on your wrist so we know who you are all the time you are with us. They will check your temperature by putting a thermometer in your ear and see how fast your heart is beating by putting a 'peg' on your finger that is attached to a special machine.

Information for parents

- If your child gets a cold, sore throat or other illness before their operation or you need to cancel the operation for any other reason, please contact the Day Surgery Centre on 020 3299 3483.
- Please make sure your child has a bath or a shower the night before or the morning of their operation.
- Your child will need to take some time off school after their procedure. Your surgeon will discuss with you when they can go back. If your child is having dental surgery, they will need to take one day off school after their procedure.
- Please ensure your child is wearing comfortable clothing (no jeans or clothing with metal buttons, zips or poppers).
- Please do not bring in anything valuable or large sums of money. There are no lockable lockers.
- Any other children



Will I be asleep when I have my operation?

When you have your surgery you will be having a special sleep. A specialist doctor called an anaesthetist will come to meet you and your mum and dad. They will talk to you about the anaesthetic they are going to give you. This will make you have this special sleep.

You will go to sleep in the anaesthetic room. Your mum or dad will be able to stay with you while you fall asleep.

There are two ways the anaesthetist can help you go to sleep:

- They can give you some special gas which you breathe in through a mask over your nose and mouth.
- They can inject a special liquid into a small tube called a cannula, which they usually put into a vein in the back of your hand. They will put some special cream on your hand first to numb it so it does not hurt.

Information for parents

Once your child is asleep you will be directed to the ward. Please leave the anaesthetic room immediately. The anaesthetist will stay with your child from when they go to sleep until they wake from the anaesthetic, continually altering the amount of anaesthetic they are given so it is just right for them and the operation. The anaesthetist will also make sure your child is as comfortable as possible after their surgery. With your consent, they may also give them local anaesthetic injections and painkilling medications while they are asleep.



What happens after my operation?

As soon as you are awake and comfortable, we will take you back to the ward to see your mum and dad. You may still have a small tube taped on your hand. We will take this tube out before you go home. Depending on what operation you have had, we will give you a drink and something to eat.

When you feel up to it you can have a walk around the ward to make sure you are not feeling dizzy. If you feel ok you can get dressed and go home.

Your nurse may give you some medicine to take at home. Before you leave, they will explain to your mum and dad how much you need to take, when and for how long.

You can usually start eating and drinking again as soon as you want. But you might feel a bit sick. Very rarely, if you are having very bad sickness and pain you might have to stay in the hospital overnight.

Information for parents

- Recovery time varies from child to child. If they are having teeth out, they can usually go home within 30 minutes of waking up. If they are having another type of operation, they are usually discharged one to four hours after returning to the ward. But please be prepared to wait as long as necessary.
- Very rarely, if your child's nausea and vomiting or pain is not controlled, they may have to stay in one of the children's wards overnight. Please be aware that this is a possibility.
- If your child is having teeth taken out, please make sure you have paracetamol (Calpol) and/or ibuprofen at home. We do not give them painkillers to take at home.

How you can help us to prevent infections

Please help us by making sure you:

- Wash your hands when you enter or leave the ward areas using a squirt of the alcohol gel provided. Rub it into the front and back of your hands and leave it to dry.
- Keep work surfaces clean and clear.
- Place soiled nappies in nappy sacks and dispose of them in the orange bins.
- Do not bring flowers onto the ward.
- Leave communal areas such as toilets and play areas as you would expect to find them.

Important numbers:

Admission officer for paediatric orthopaedics	0203 299 1155
Admission officer for paediatric ophthalmology	0203 299 2861 / 0203 299 3606
Admission officer for paediatric gastroenterology	0203 299 4202
Admission officer for paediatric general surgery	0203 299 4202
Admission officer for paediatric respiratory	0203 299 4202
Admission officer for dental	0203 299 3783
Day Surgery Centre reception	0203 299 3483

Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

Tel: 020 3299 3601

Fax: 020 3299 3626

Email: kch-tr.PALS@nhs.net

You can also contact us by using our online form at
www.kch.nhs.uk/contact/pals

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.

Kingfishers

Kingfishers is a registered charity that raises money from families and schools within the King's area. We use these donations to improve the facilities for children and young people being cared for at the hospital.

We provide and constantly refill the toy boxes of more than 20 departments throughout King's. We also fund DVDs, computer games, specialist and non-specialist toys, books, and arts and craft materials used by the play leaders. In recent years, we have funded an aquarium for the paediatric Liver Unit – the Ray of Sunshine ward – six workstations in the Newborn Intensive Care Unit (NICU), and the refurbishment of the Adolescent Room and the Paediatric Gym.

If you would like to find out more about Kingfishers or think you can support us in any way, such as by donating toys, please contact us through The Friends of King's office:

Tel: 020 3299 3370

Email: kch-tr.friendsofkings@nhs.net

Thank you from all the staff of day surgery.



WORDSEARCH

See if you can find the following hidden below:

Mask, Nurse, Thermometer, Gown, Pulse, Theatre, Patient, Trolley, Hospital, King's, Recovery, Operation, Surgery, Care, Bed

N	Y	H	O	S	P	I	T	A	L	I	B	D	H	R
W	Z	J	K	E	R	P	U	G	R	Z	E	M	C	V
O	H	Q	S	N	K	D	E	E	D	C	P	X	P	L
G	A	L	V	I	B	F	C	W	F	Y	C	B	O	U
G	U	A	N	T	X	O	Q	A	N	L	V	L	T	E
P	T	G	E	O	V	C	M	P	Q	C	S	Q	Q	R
T	S	W	S	E	I	N	M	R	P	D	S	Q	Y	T
N	N	E	R	E	T	T	D	O	N	S	A	H	E	A
E	R	Y	U	Q	G	W	A	U	P	R	T	P	E	E
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A	K	B	E	D	A	L	L	D	J	P	U	I	C	I
P	S	H	M	Y	E	L	L	O	R	T	O	D	A	N
N	V	M	W	K	J	N	X	Q	T	Z	Z	M	R	R
B	V	X	I	D	U	E	L	K	S	A	M	E	E	L