KNO operatieprogramma kinderen ENG

Begrijpelijke voorlichting met animatievideo's
Dit is de papieren versie van digitale voorlichting met animatievideo's.
Scan de QR-code met de camera van een telefoon, klik op de link en bekijk de voorlichting.

ENT Surgery Program for Children

Your child will soon have an ENT surgery. This means a surgery for the ears, nose or throat. The surgery will take place in Hospital Frisus MC. Most children arrive at **08:00** in the morning. Some children are called earlier. Most children go home between **12:00 and 14:00**.

This leaflet gives you information about:

- The planning
- How to prepare at home
- What to bring
- The day of surgery
- Pain and recovery
- Going home
- Check-up

Planning

After your visit to the ENT doctor, your child is put on the waiting list for surgery. There are two lists:

- a normal waiting list
- an emergency list

The order depends on the surgery and your child's age.

On the day of surgery, this is usually the order:

- Removal of tonsils
- Removal of adenoids
- Ear tubes or other small surgeries

Young children usually go first.

Do you have a question about the surgery date?

Call the planning office:

Heerenveen: 0513 - 685 685
Leeuwarden: 058 - 286 66 66

You can call if:

- Your child is more sick than before
- Your child is ill and the surgery must be moved
- You have a holiday coming up
- You want to know the date of surgery

Please note: Calling more often does **not** change the date.

Preparation at home

Health Form

You will receive a form in your Mijntjongerschans or mijnMCL account. Please fill it in and send it back. A nurse may call you with more questions.

Fasting (no food or drink before surgery)

Your child must have an empty stomach before surgery. This is to stop vomiting during sleep.

Babies:

- Formula milk: stop 3 hours before surgery
- Breastfeeding: stop 2 hours before surgery
- Clear drinks (water, tea, lemonade): allowed until surgery time (max 100 ml per hour)

Children up to 14 years:

- Cracker with jam: stop 5 hours before surgery
- Tube feeding: stop 5 hours before surgery
- Clear drinks: allowed until surgery time (max 100 ml per hour)
- No fizzy drinks and no alcohol.

What to bring?

- Clean clothes
- Pyjamas or nightdress (no onesie)
- Slippers
- A soft toy or small toy
- Any medicines (only if the doctor says so)
- Hairbands for long hair
- Diapers (if needed)

On the day of the surgery

Come to the ward at the time you received. A nurse will come talk to you and check in your child.

Before surgery

- Your child's temperature will be taken.
- Your child gets a name bracelet.
- You can give your child paracetamol (by suppository).
- Your child can change into pyjamas.

Important

- Remove all jewellery and nail polish from your child.
- The parent who stays must also remove jewellery.

During the Surgery

You may walk with your child to the **Operating Room (OR)**. You must wear a gown, a cap and slippers.

In the OR

- Your child gets anesthesia (sleep medicine) through a mask or injection.
- When your child is asleep, you go back to the waiting area.
- A nurse will come get you when your child wakes up.

After the surgery

After the surgery, your child may cry or feel confused. This is normal.

If **tonsils or adenoids** are removed:

- Your child should drink small sips of cold water.
- Drinking helps stop bleeding, even if swallowing hurts.

If **ear tubes** are placed:

- Your child may eat and drink normally.

Pain

in can slow down healing. Your child will get pain medicine.

The nurse will explain:

- when to give the medicine;
- how much to give.

Food and drinks in the hospital

Your child will get food and drinks in the ward.

Parents can:

- go to the restaurant
- buy snacks or drinks in the main hall
- get coffee and tea in the ward

Tip: Eat breakfast before coming to the hospital, but **not in front of your child**.

Going home

Most children go home between **12:00 and 14:00**.

Children under **2 years** who had their **tonsils** removed may stay overnight. One parent may stay with the child.

Before you go home, the nurse will:

- give instructions about medicine;
- explain what to do at home.

Recovery at home

After tonsils or adenoids:

- Your child may feel tired or sick.
- Eating and talking may hurt.
- Start with cold drinks or ice cream.
- Then give soft food, like yoghurt or applesauce.
- On day 2, try bread without crusts.
- Your child must rest for 7 days.
- After that, go back to normal slowly.
- No swimming for 2 weeks.

After ear tubes:

- Recovery is quick.
- Your child can go outside the same day.
- Your child can return to school the next day.
- Sometimes pain medicine is still needed. You will get a prescription.

Check up

After ear tubes:

You will get an appointment after **7 weeks**. This will come by email.

If you cannot come, call to make a new appointment.

After tonsils/adenoids:

You do **not** need a check-up, unless you are worried. You can always call to ask questions or make an appointment.

When to call the hospital

Call the hospital immediately if:

Your child bleeds bright red blood from the mouth or nose after surgery.

Help your child prepare

For more information, check the website [Kindergeneeskunde › Frisius MC (https://www.frisiusmc.nl/afdelingen/kindergeneeskunde#)](https://www.frisiusmc.nl/afdelingen/kindergeneeskunde#)

Giving permission

Doctors need permission to treat a child.

- For children under 12 years: parents or guardians give permission.
- Children must still get clear information in words they understand.

Contact

Frisius MC:

Heerenveen: 0513 - 685 685
Leeuwarden: 058 - 286 66 66