Dr. H. Gül BAYTAN YILDIZ

I hope you get well soon…

I would like to remind you important points about your child’s surgery.

1. As your child’s anesthesia doctor, you need to meet me and inform me about your child’s health history. You need to tell me the medications your child is currently using, if there are any his/her illnesses, prior hospitalizations or the supplementary products your child takes and the anesthesia problems you and your family have experienced in the past.
2. Your child may have fever before the surgery; if your child has coughing and a runny nose out of the ordinary, you need to inform me. In addition, inform me if your child develops unexpected conditions such as an infection, flu, runny nose and diarrhea, please inform ne beforehand. Continuous coughing at times and light runny nose may be occurring to adenoid your child has. In addition, you need to inform me about all illness symptoms of your child which are acute. We find it suitable for your child to have surgery in his/her healthiest state. We will be doing all the necessary examinations accordingly.
3. If your child is older than 2 years of age, you should not give him/her solid food 8 hours before surgery and liquid food 6 hours before surgery.
4. In particular, pain killers and cold medication should not be used unless necessary on the week of surgery. Calpol can be your first choice in necessary situations. You can consult me about other medication and similar supplementary goods.
5. Herbal tea, garlic, greens, rocket plant or all supplementary goods taken with the purpose of phytotherapy such as fish oil, royal jelly, sambucol etc. should be discontinued before surgery.
6. In the days prior to surgery, preferably a day before surgery, your child’s blood will be taken under my instructions for the pre-surgery tests.
7. On the morning of the surgery, you need to be present at the admissions unit of the hospital 1,5 hours before the surgery hour. I would like you to let me know about your room number as a text message. If you are at the hospital before 8.00 in the morning, then you can carry out your admissions procedure in the emergency unit of the hospital.
8. Since the hospital environment will be cold, I would suggest for you to keep your child warm and not take off his/her socks when the necessary preparations are done and until he/she is taken to the surgery room.
9. I will be doing the final evaluation at the hospital before the surgery. If everything is well, your child will be injected a tranquilizer called dream medicine and the nurse will give your child the medicine which will prevent your child from remembering that you will be leaving his/her side. You can tell your child when he/she is playing with his/her favorite heroes that this medicine is a potion which is required for us to be able to make him better. If we can tell your child before surgery that we will be saving him from germs, he/she will not remember the remaining time with the help of this medicine. Your child will thus be able to go through this experience with more awareness but by getting less affected as much as possible. Do not let your child stand up to avoid falling since a slight dizziness will occur fifteen minutes later.
10. At the surgery room entrance, after we receive your child from you, he/she will fall asleep while he/she is asked to blow up a balloon. Your child will not feel the rest of the steps. Afterwards, I will put your child on a drip to be able to give the necessary medication, give the required amount of fluids during the time he/she will not be eating food and give the necessary medication when there is need. This drip will remain as long as I think it is necessary and after your child wakes up. This is absolutely necessary for your child’s safety. There is a soft material inside the drip. There are no needles, etc. which will create any pain. The drip is kept for the safety of our patient and after sufficient fluids and food is provided, the drip will be taken out if everything is well.
11. When I wake your child up, I will be keeping him/her in the reanimation unit for a while and after I make an evaluation that everything is well in a short time, we will call you with a nurse to take your child to his/her room. Your child’s crying is a reaction which displays that he/she is able to use the respiratory muscles in a strong manner. Therefore, do not worry if your child is crying when you are taking him/her to the room. In addition, since your child will be aware of everything when he/she wakes up, agitation after anesthesia is a natural and expected result. About 30 minutes later, your child may fall asleep on his/her own or with the help of your embrace. In this stage, your child may cry, cough and mouth and nose dribble and may even throw up. It is natural for your child to cry in terms of being able to use his/her chest muscles again which are necessary for respiration. I would like to express once again that it is not convenient for your child to come back in deep sleep. We expect your child to be aware and agitated when he/she wakes up. Your child will calm down again after 30 minutes.
12. We do not expect your child to experience pain after the surgery. To relieve your child of pain, I will be giving your child 2 separate pain killers through vascular access during the surgery. I will be giving the instructions about medication which need to be continued before the surgery to you and to the nurse after the surgery for observation. The nurse will be arranging your treatment with our instructions.
13. After 2 hours from surgery, you can give water to your child and liquid food 3-4 hours later. You need to follow the list our dietician will give to you upon our instructions. After your child starts drinking water, take care to give lots of water in particular on the first day.
14. I will be with you in general between 3-5 o’clock after surgery for an evaluation. I would suggest you not to make your child walk as much as possible without giving water and food orally. There is no problem in taking your child in your lap as it will reduce your child’s anxiety.
15. You will be informed once again about your child’s diet and the medication he/she will be using in the discharge process from the hospital.

16) Please do not hesitate to call me when you have a question or a problem.

**Please do not forget that we will be by your child’s and your side to make it possible for your child to have a better, safer and comfortable experience at all times.**

**I wish you healthy days.**

**Specialist Dr. Gül Baytan Yıldız**

**Anesthesiology and Reanimation Specialist**

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**Children and Anesthesia information Form**