



Information to parents/patients upon discharge

Activity

- ☐ No restrictions
- ☐ Rest fordays
- ☐ Avoid sportactivities for.....days
- ☐ Do not walk or sit astride fordays
- ☐ Stay at home from daycare/school indays
- ☐ Other specifics:.....

Nutrition and fluids

- ☐ Eat and drink as usually
- ☐ Easily digestible diet, softer food that is easier to chew
- ☐ Other specifics

Follow-up appointment/Phone appointment

- ☐ You will receive an appointment notice by textmessage or letter
- ☐ Your appointment is at /
to

Contact healthcare

- **If new bleeding occurs**
- If the pain does not subside or if it increases
- **In case of repeated vomiting**
- In cases of fever, signs of redness, swelling or increased heat close to the area of surgery
- In case of difficulties with urination

In case of complications within three days after discharge contact:

- ☐ Pediatric Surgery Ward, phone 031-3434527

For advice within three days after discharge contact:

- ☐ 1177
- ☐ Kontaktpunkten, phone 031-343 6300
- ☐ Kontaktpunkten Ortopedi, phone 031-343 4461

Typical findings at the surgical wound includes:

Minor pain/Tenderness
Minor swelling
Small amount of fluid
Lighter bruising

Surgical wound care

The bandages should be left on for days.

- ☐ Narrow strips of tape are placed under the bandagedressings, Steristrips, leave them on until they come off by themselves.
- ☐ The surgical wound is sutured with thread that disappears on its own and therefore does not need to be removed.
- ☐ The surgical wound is sutured by thread that will be removed in days on.....
- ☐ Shower with bandage yes no
- ☐ Bathe with bandage yes no At earliest indays
- ☐ Take a shower/bath as usual

We recommend protecting the scar with skin-friendly papertape for six months after surgery and also avoid direct contact with sunlight for 6-12 months. The tape should be placed along the wound to reduce stretching and irritation of the skin. The tape is available to buy at pharmacies.

Pain relief

- ☐ You/your child may need analgesic in the form of **Paracetamol** after you returned home. We recommend this painreliever for the next few days. If you/the child still need pain relievers after three days switch to the recommended dose on the medicinepackage.

Drug name, form and strength:.....

Dosage:.....every.....hour, max 3-4 times/day

Last dose given on the ward at.....

- ☐ You/your child may need to supplement the analgesics with **Ibuprofen** as directed below:

Drug name, form and strength:.....

Dosage:.....every.....hour, max.....times/day

Last dose given on the ward at

- ☐ You/your child may need to supplement the analgesics with as directed below:

Drug name, form and strength :

Dosage:.....every.....hour, max.....times/day

Last dose given on the ward at

Reg.Nurse in charge:.....

Req.Physician in charge:.....

The dosage recommendation applies only to this treatment session and is prescribed based on the surgical ward's routine for postoperative analgesics.