



# Anesthesie bij uw kind - Engels

## Bij amandelen verwijderen en of buisjes plaatsen in de oren

### **Anaesthesia and your child; When tonsils are removed and/or tubes are placed in the ears**

Your child will soon have surgery at the Spaarne Gasthuis. You have discussed this with the doctor. For surgery, your child needs to be under general anaesthesia. The anaesthesiologist will administer the anaesthesia. An anaesthesiologist is a physician who specialises in the various forms of anaesthesia, pain management and intensive care around surgery. The anaesthesiologist, along with a nurse anaesthetist, ensures safety around surgery under anaesthesia.

### **Preoperative screening (POS)**

Before your child can have surgery, you will have an appointment at the Preoperative Screening (POS). Usually this appointment is over the phone. Make sure you are available at the appointed time. Prior to this, you must complete a questionnaire. Have you created a MijnSpaarneGasthuis account for your child? Then it can be completed via computer. Otherwise, it has to be done on a printed questionnaire. In this case, you will receive these at the ENT outpatient clinic.

At the POS, you will have a conversation with someone from the anaesthesia team. Questions asked include:

- how your child reacted to anaesthesia, if your child has had surgery before
- your child's physical condition
- whether there are any medications your child is taking

For safety reasons, we ask questions you may have answered before. We also explain what is and is not allowed before surgery. And it will be explained how anaesthesia is administered to your child through a mask.

After the POS call, you can review the agreements made. Have you created a MijnSpaarneGasthuis account for your child? Then you can find appointments there, in the evening from 7.30 p.m. onwards. Also, read it carefully the day before surgery. This way, you and your child will come to the hospital well prepared.

## **Fasting**

Because of the surgery, your child must have an empty stomach. Under anaesthesia, food from the stomach can enter the lungs and cause severe pneumonia. Therefore, before the surgery, your child should not eat and should drink only a little bit from twelve o'clock at night. That's called "fasting". The outpatient anaesthesia clinic has given you personal advice about this. This is done under the heading "advice on eating and drinking prior to surgery."

Did your child still eat or drink something that is not allowed? If so, the procedure cannot take place that day. We then need to schedule a new appointment.

## **Taking medications**

The POS worker has told you whether your child may take any of his or her own medications the morning of surgery. This is in the appointment list. About 1 hour before you go to the hospital, give your child the paracetamol, as the POS worker has agreed with you. As a result, your child will have less pain after the surgery because the medicine is well absorbed.

## **At the hospital**

It would be nice if your child wanted to bring his or her favourite cuddly toy to the hospital. We would also be grateful if you could bring an extra pair of pyjamas. You and your child show up at the day care centre at the appointed time. Your child will be assigned a cot. The day care nurse will go over some more safety questions with you. Again, we ask questions that you have answered before. This is to avoid, for example, mix-ups between patients or the side to be operated on. Then take your seats in the play-waiting area.

## **The waiting room**

About 6 children are operated on at a time. Each child is allowed to bring only 1 parent or carer to the day surgery department. The other parent or carer and any siblings can wait in the main hall of the hospital. We always begin surgery with children in whom the tonsils need to be removed. Next are children with tubes placed in the ears as well as tonsil removal. We end with children in whom only tubes are placed. And then from young to old. So it may be that a bigger child will go first. Thank you for your understanding and cooperation.

## **The treatment room**

As soon as it is your child's turn, we will pick you up and walk with you to the treatment room. We will go through another short questionnaire with you. Again, these are questions you have answered before. We then ask your child to sit on the high chair when only the tonsils need to

be removed, or to come and lie on their back on the paediatric operating table when your child is (also) getting tubes.

The anaesthesiologist places a mask over your child's nose and mouth, from which oxygen combined with a strong sedative is released. Try to reassure your child by talking or singing a song. Sleep soon follows, although it takes quite a long time for your senses. It then looks as if your child is not yet asleep, but they already don't know it. Your child may also suddenly tighten up a bit. This has to do with the depth of anaesthesia. This won't cause any further harm; your child will quickly relax again as sleep deepens.

## The recovery room

You will then wait in the waiting room until the doctor finishes the surgery. We will wake your child slightly before we take him/her to the recovery room. The children who only get tubes will continue to sleep for a while. The nurse will take you from the waiting room once the procedure is over. Have the tonsils been removed? In that case, they may still vomit some blood. Don't be shocked by that. Some blood has then entered the stomach, causing nausea. We treat children with ice cream and cold lemonade. This is very pleasant for a sore throat. Once the programme is finished, the doctor will walk through all the children to give precepts and appointments for the first few days. At that point, you can also ask your questions if you still have any. After the discussion with the doctor, you may return home, in consultation with the nurse. Especially after nasopharyngeal tonsil removal, give your child pain medication at set times for the first 3 days after surgery. The information you received from the POS tells you exactly how much paracetamol your child can have. Another thing that helps with a sore throat is drinking cold water.

## Questions

Do you have any questions after reading this information? If so, please contact the outpatient clinic between 8.00 am and 4:30 pm:

Anaesthesia	+31 23 224 0165
Ear, nose and throat (ENT), Vijf Meren kliniek	+31 23 224 8422

## Learn more

At <https://kids.spaarnegasthuis.nl/>, you can watch videos with your child and read information about what it's like in the hospital.

## Where to find us

**Haarlem Zuid**  
Boerhaavelaan 22  
2035 RC Haarlem  
  
+31 23 224 0000

**Haarlem Noord**  
Vondelweg 999  
2026 BW Haarlem  
  
www.spaarnegasthuis.nl

**Hoofddorp**  
Spaarnepoort 1  
2134 TM Hoofddorp  
  
info@spaarnegasthuis.nl