

PAEDIATRICS AND PAEDIATRIC SURGERY



Hull University
Teaching Hospitals
NHS Trust

PREPARING YOUR CHILD FOR THEIR PROCEDURE

Unfortunately, waiting times have increased due to the COVID-19 social distancing restrictions necessary on the hospital site and because, during the pandemic, we have been providing extra support to other hospitals in the region. As a result, the number of patients we would normally see has been limited.

While you are waiting, you can use any extra time in a positive way to help your child to be healthier before their surgery.

This can reduce the risk of complications, support their recovery and benefit their long-term health. Here are the ways that your child and whole family can put themselves in the best place for your child to have their surgery.

“Patients waiting for hospital treatment or surgical procedures can now access local information to support their health and wellbeing in one place. Until now, the My Planned Care website, launched in February 2022, has listed only national sources of assistance such as pain management advice, financial support and mental wellbeing resources. But now people living in the Hull and East Riding area can find those points of contact much closer to home simply by using the My Planned Care website.”

KEEPING TEETH HEALTHY

Dental decay impacts on children’s wellbeing, school attendance and can increase post-operative chest infections. It’s important to have your child’s teeth checked twice a year and brush their teeth twice a day with a 14,500ppm fluoride toothpaste. The dentist will be able to apply fluoride varnish 2 to 3 times per year to reduce the risk of cavities developing. Should any pain or problems arise please contact your dentist.

MOVING MORE

“If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.”

– Chief Medical Officer for the UK

National guidelines for physical activity recommend 180 minutes per day for pre-schoolers and 60 minutes per day for school- age children. These websites have excellent resources to help children of all abilities to achieve these goals.

 [NHS - Taking care of children’s teeth](#)

 [Moving Medicine](#)

 [NHS - Change4Life](#)

If your child does not require their appointment / procedure please contact the Appointment and Referrals (ARC) team:

[01482 604444](tel:01482604444)

hyp-tr.arc@nhs.net

EATING MORE HEALTHILY

A healthy diet is important for a child's development and even more essential before an operation. Preventing iron deficiency can reduce the risk of requiring a blood transfusion and improve recovery after major surgery. Iron rich diets are the best way to make this happen or sometimes iron supplements are needed to top up iron levels.

You can read more about the benefits of iron rich diets by searching 'NHS BT iron in your diet'.

 [NHS - Change4Life](#)

CREATING A SMOKE FREE HOME

Children who are exposed to environmental tobacco smoke are twice as likely to suffer airway or breathing problems during or after the operation. If you or a family member would like support stopping smoking visit the NHS website for advice and support.

 [NHS - Take steps now to stop smoking](#)

GETTING THE RIGHT VACCINATIONS

It's important that children and adults have vaccines at the right time for the best protection. If you or your child have missed a vaccine, contact your GP to catch up.

 [NHS - Vaccinations](#)

GETTING CONTROL OF ASTHMA

Asthma is common in childhood and if poorly controlled it can cause problems during the anaesthetic. An assessment of control can be done using the Asthma Control Test. If support or improvements are required please seek advice from your GP or practice asthma nurse.

 [Asthma Control Test](#)

HAVING A HEALTH CHECK

If your child is aged over 14 years and has a learning disability, they can have a free annual health check once a year at your GP surgery.

 [NHS - Annual Health Checks](#)

PATIENT INFORMATION LEAFLETS

Here you will find some helpful information for patients and carers. This information is for guidance purposes only and does not replace professional clinical advice. Use the filters and searches below to find what you need. If there's something you can't find.

 [Hull Hospitals - Patient Leaflets](#)

CONTACT US

If you want to discuss any of the above, please contact the Preoperative Care Team:

01482 875875

hyp-tr.preop.cts@nhs.net