



Preoperative Instructions – Child

1. If your child's surgery is before 12 noon they may have nothing to eat or drink including water after midnight.
2. If your child's surgery is after 12 noon they may have nothing solid after midnight and in the morning they may have Clear fluids only [i.e. fluids you can see through such as water, black tea, apple juice (non cloudy) , and jelly] up until three hours prior to the anesthetic.
PLEASE NOTE that coffee, orange juice and tea with milk are NOT ACCEPTABLE.
3. You must be in the office 15 minutes prior to the planned anesthetic appointment.
4. Dress your child in loose fitting clothing. A short sleeved t-shirt with no collar & track pants. Footwear should be socks with either lace up shoes such as sneakers or loafers. That is no open toe footwear (thongs, sandals etc.) please.
5. Please bring a full change of clothes in case of any accidents, including socks, jocks, pants and a shirt.
*Feel free to also bring along your child's favourite cuddly toy.
6. Please be sure to remove all jewelry including earrings.
Remove any nail polish, and do not put on any type of face cream or body moisturizer.
7. Emla Cream. Can be purchased at the chemist (be sure they sell you the cream AND the 4 clear bandages and do not give you a part package).
Emla cream is to be applied no less than 1 hour preoperatively and no more than 1.5 hours preoperatively.
Apply to **both** left and right inner elbows, and **both** left and right backs of hands (4 sites in total). Apply a 5cent piece sized amount to each area and do not touch – place clear bandage over cream and seal the edges – then push the cream around under the bandage so it is spread out (Emla will not work if exposed to air) – leave it be and Dr Field will then remove bandages once in clinic. If you are not confident applying the Emla cream arrangements may be made to come into the office for our nurse to apply it for you.
8. Please make arrangements to have 2 adults to accompany your child home. One to drive & one to sit in the backseat with the child.
9. If you have any questions with respect to these instructions please contact Dr. Jeffrey Field before your appointment for clarification. His mobile number is 0478622354 and the office number is (03)55232899.
10. To reserve the appointment time there is a \$500.00 non refundable booking fee.
11. Payment of the remaining balance of the quote is due 14 days preoperatively unless other arrangements have been made with Dr. Field.
All Deposits are non refundable