



We recommend that you or another responsible adult supervise your child closely on the day of surgery after you get home.

Discharge and Follow-Up

When will my child be discharged?

Your child's medical team will continually monitor your child's recovery and communicate with you throughout the process. Your child's care team and you will determine the best and safest time for your child to go home.

What are the criteria for going home?

Your child should be awake and alert and medically stable prior to discharge.

What is the discharge process?

The nurse will review all the discharge instructions for your child's care at home, which will include: diet, activity, pain medications, follow-up appointments, call center appointment line number, possible post-surgical complications, and phone numbers to call if you have a problem or question. Please feel free to ask questions about discharge instructions or request more instructions if you have concerns about taking care of your child at home.

When it is time to go home, you may assist your child in changing into his/her clothes while in the recovery center. You may use a stroller to the

exit. If your child needs a wheelchair you will be escorted to the exit. Please have a ride home arranged and present at the time of discharge.

If you need a written note for absence from school or work, ask your nurse before discharge.

What can I expect when we get home?

We recommend that you or another responsible adult supervise your child closely on the day of surgery.

Your child may be drowsy and may nap or sleep on and off the rest of the day. Your physician may limit your child's activity after the procedure and provide further instruction.

A nurse will call you a day or two after your child's surgery to follow your child's progress and to assist you with questions you may have.

What if I have questions?

If you have questions or concerns, you may call Pediatric Specialists of Virginia, Monday through Friday, 7 am – 4 pm, at 571.766.3022.