

ADVICE PROVIDED AFTER COMMON PAEDIATRIC SURGICAL PROCEDURES – A MULTICENTRE PROSPECTIVE STUDY

Sajeed Ali ¹, Imogen Seago ², Paediatric Surgical Trainees Research Network (PSTRN)
1. Evelina Children’s Hospital, London, UK. 2. North West Anglia NHS Foundation Trust, UK

1. INTRODUCTION

There is **limited evidence** to guide **post-operative advice** given after surgery around **wound care**, return to **education** and return to **activity**. It is possible that this leads to **variation in practice**.

2. AIMS

We aimed to **report the advice provided** after **common paediatric surgical** procedures in UK, including return to education and physical activity, in both elective and emergency settings.

3. METHODOLOGY

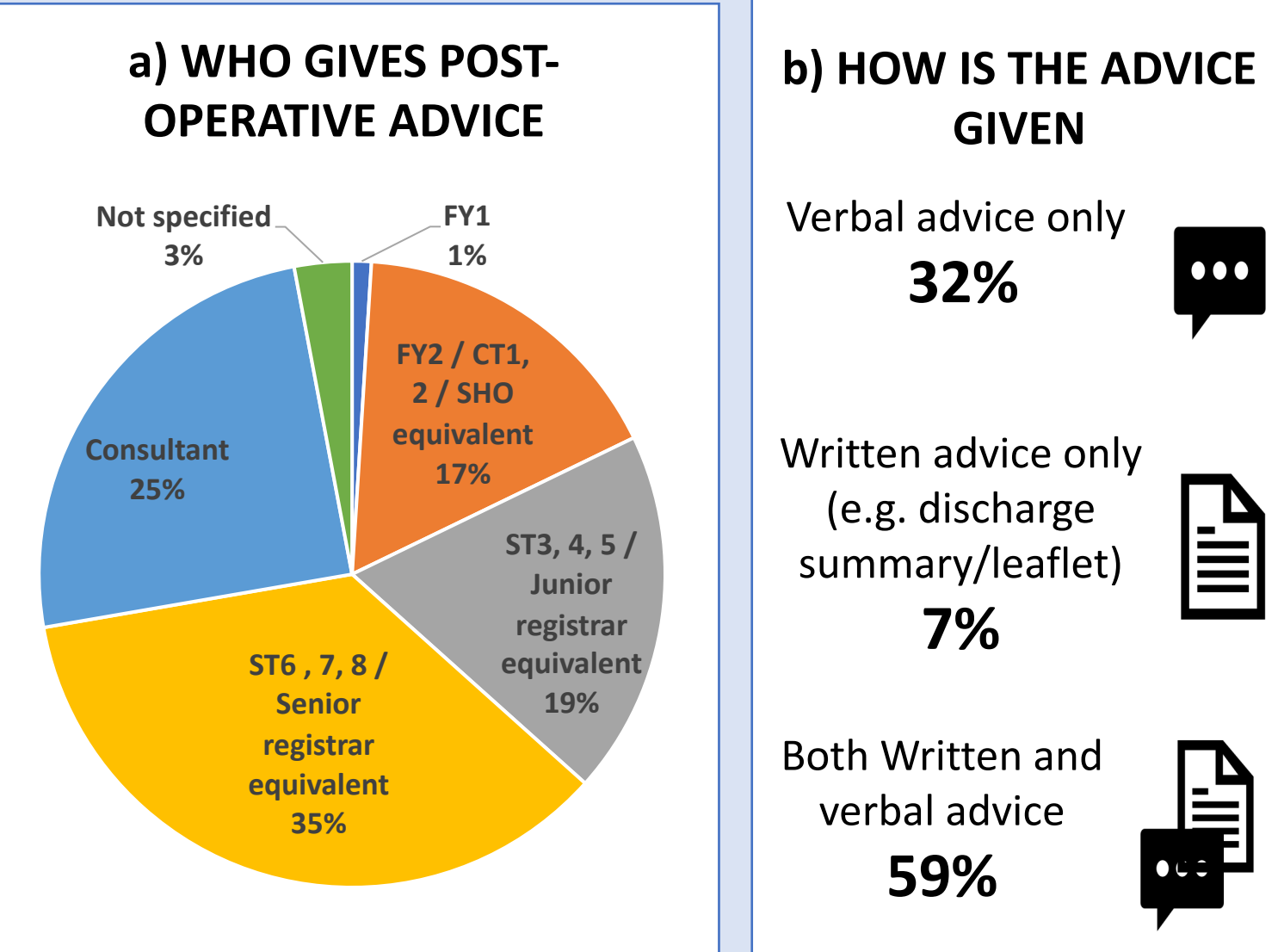
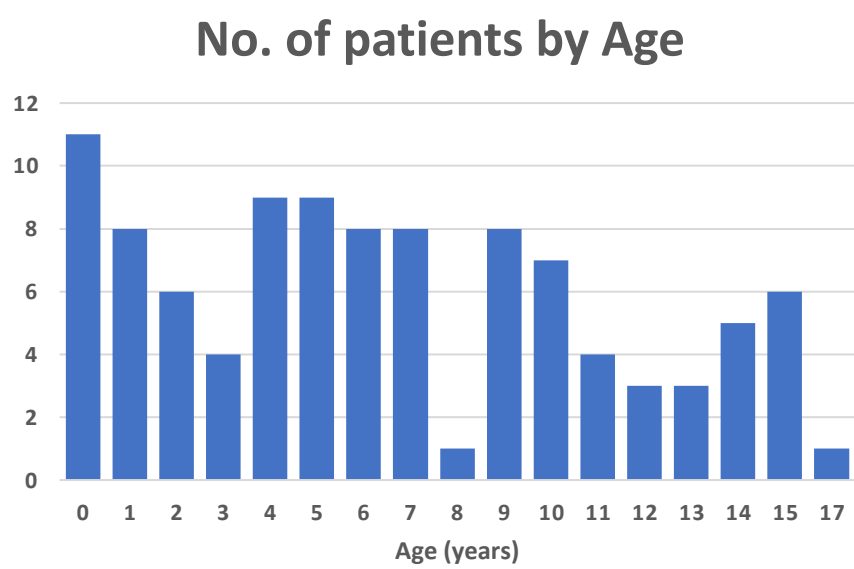
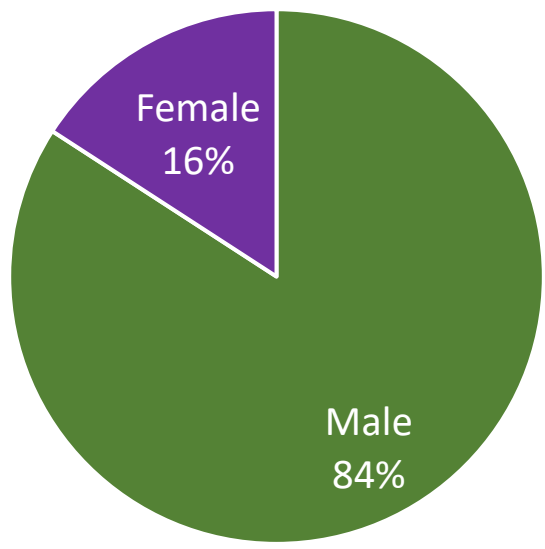
Multicentre prospective UK observational study of advice provided by surgeons post-operatively over two-week study period.

Outcomes of interest were whether advice was provided, the methods of this and the content of advice.

4. RESULTS

TOTAL n = 113 patients

- **Median age 6 years** (range 4 months–17 years).
- **10 different procedures** recorded.
- **10 centres** across United Kingdom.



c) WHAT ADVICE IS PROVIDED AFTER EACH SURGERY

Post-operative advice	Groin surgery (n=56)	Scrotal explor'n (n=19)	Circumcision/ Preputioplasty (n=17)	Laparoscopic inguinal hernia (n=12)	Umbilical/ Epigastric hernia (n=5)	Laparoscopic appendicectomy (n=4)
Time before stopping regular simple analgesia						
Now	2	-	-	-	-	-
1-3 days	29	9	11	6	1	3
4-6 days	10	2	2	1	3	-
1-2 weeks	1	8	-	1	-	-
No advice given	14	-	4	4	1	1
Time before first shower						
Now	2	1	-	-	-	2
1-3 days	26	14	7	6	-	1
4-6 days	10	1	2	1	4	-
1-2 weeks	1	1	-	1	-	-
No advice given	14	2	8	4	1	1
Time before bath/soaking wound						
1-3 days	10	5	-	2	-	1
4-6 days	19	5	7	3	-	1
1-2 weeks	13	5	5	2	3	1
3-4 weeks	1	-	-	1	1	-
1-2 months	1	-	-	1	-	-
No advice given	12	4	5	3	1	1
Time to non-contact physical activity						
Now	-	1	-	1	-	-
4-6 days	6	-	1	1	-	1
1-2 weeks	16	4	2	-	2	2
3-4 weeks	1	4	4	1	1	-
1-2 months	4	-	-	-	2	-
No advice given	29	10	10	9	-	1
Time to contact physical activity						
1-2 weeks	6	-	1	1	2	-
3-4 weeks	14	12	4	2	-	1
1-2 months	6	4	2	1	1	-
2-3 months	2	-	-	-	1	-
No advice given	28	3	10	8	1	2
Time before restarting nursery/school						
Now	-	-	-	-	-	1
1-3 days	8	2	4	-	-	3
4-6 days	18	5	6	3	2	-
1-2 weeks	6	1	1	1	2	-
No advice given	24	11	6	8	1	-

*Groin surgery consists of Orchidopexy n = 28; Open inguinal hernia repair/ligation of PPV n = 25

5. CONCLUSION

Variation in post-operative advice provided is demonstrated, highlighting uncertainty amongst surgeons regarding optimal post-operative care. Better evidence is required to allow **adequate recovery balanced against minimising impact to the family**.