

PACU GUIDELINES

- Two adults can come into PACU at one time. If you have other children with you, they will not be allowed in. You will need to have another adult with you who can supervise the children while you are in PACU.
- Please turn off all cell phones before entering PACU. Cell phones and cameras are not allowed to be used in PACU.
- PACU is a quiet space of healing and we ask that you respect this environment.

- To protect patients from infection, please do not come in if you have a cold, flu, sore throat, fever, rash, lip sores, or recent exposure to chicken pox or other communicable diseases
- Once in PACU, please stay close to your child's bedside to ensure staff can move around easily while taking care of patients.
- It can be stressful or uncomfortable for parents to be in PACU. If you feel faint or queasy, please inform the nursing staff so they can help you.
- To respect patient privacy, any information that you see or hear is strictly confidential. Please do not discuss anything that you see or hear related to patients in PACU.



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Created by:

This pamphlet was jointly created by the Perioperative Patient- and Family-Centred Care Committee and a Patient and Family Advisor

Post-Anaesthesia Care Unit

Information for child and teen patients, and families



North York General
4001 Leslie Street
Toronto, ON M2K 1E1
T 416.756.6000
nygh.on.ca

North York General Hospital (NYGH) welcomes you and your child to the Post Anaesthesia Care Unit (PACU), also known as the Recovery Room.

We know that you may have many questions and concerns following your child's surgical procedure. We hope the following information is helpful to you. If you have any additional questions or concerns, please feel free to ask us.

Our goal at NYGH is to reunite you with your child, as soon as possible, after surgery. Our overall focus is the safety and wellbeing of your child. Please understand there may be circumstances that prevent us from allowing you immediately into PACU to see your child. If you are not comfortable coming into PACU right away, that is perfectly fine. Please let one of the nursing staff know your preference.

WHAT HAPPENS IN THE PACU?

- PACU is staffed by trained nurses who specialize in looking after patients after an operation.
- Your child will be monitored during their recovery period. This process includes measuring:
 - blood pressure
 - heart rate
 - temperature
 - breathing
 - oxygen levels
- Your child may:
 - have an IV
 - be on oxygen
- Your child will be monitored for:
 - possible pain / nausea
 - signs of complications
 - level of consciousness
- Your child's safety and the safety of all patients in PACU is our primary concern.
- In the event of an emergency, PACU nurses may have to ask you to step out into a waiting area temporarily.

WHAT WILL MY CHILD BE LIKE AFTER ANAESTHESIA?

- Waking up from anaesthesia is different than waking up from a nap. Your child's behaviour may be unusual or atypical. Do not be concerned if your child acts in ways that are unlike himself/herself.
- Some children wake up quickly, while others may still be drowsy and take longer to wake up.
- Children waking up from anaesthesia may cry a lot, be confused and/or feel restless. This behaviour is common and will go away.
- Your child may feel nauseated, have some pain, a headache, sore throat or soreness where the IV was put in. The nurse looking after your child can give medicine to help.

HELPING YOUR CHILD IN PACU

- Calmly comfort and reassure your child.
- Remain at your child's bedside. Your presence will be very comforting to him/her.
- If you would like to hold your child, please ask one of the nursing staff for assistance on how to hold your child comfortably.

