



Children's Ear, Nose & Throat of Houston

A Texas ENT Consultants Center of Excellence

VAGAL NERVE STIMULATOR

Your child is soon to undergo a surgical procedure, Insertion of Vagal Nerve Stimulator. Dr. Edmonds has performed this procedure many times with consistently good outcome and with significant benefit to the patient. It is our hope that this information will assist you in planning your child's surgery and will answer the most commonly asked questions. Please read this information carefully and feel free to contact our office with any questions or concerns: 713-796-2001.

Your child's surgery will take place at _____ on
_____.

You will be called the day before surgery with surgery time and preop instructions.

During the two-week period preceding and for two weeks after surgery DO NOT ADMINISTER ANY ASPIRIN OR PRODUCTS CONTAINING NON-STEROIDAL ANTI-INFLAMMATORY INGREDIENTS, i.e. Advil, Motrin, etc. Please notify our office if your child becomes ill prior to surgery.

THE EVENING BEFORE SURGERY HAVE YOUR CHILD BATHE WITH AN ANTIBACTERIAL SOAP CALLED HIBICLENS. He/she should bathe from the chin down. You may purchase this soap at any pharmacy. It does not require a prescription.

Before surgery:

- Typically there is no food or drink allowed after midnight the morning of surgery. Specific diet instructions will be given to you along with the time of surgery.
- You should arrive about two hours before the surgery time. At this time there will be paperwork to fill out, a physical assessment of your child, and you will speak with your doctor and anesthesiologist.
- At the time of surgery, general (inhaled) anesthesia is administered, and once the child is asleep, an intravenous line will be placed.
- Surgery lasts about 2 hours.

After surgery:

- Your child will go to the recovery room for 1-2 hours. After the procedure you will be allowed to join your child and remain at the bedside until he/she is discharged. Once it is determined that your child can safely go home, you will be given further discharge instructions along with a prescription. While some children appear to be unaffected following administration of general anesthesia, it is not uncommon for patients to be sleepy, irritable, and nauseated, or for the child's face to appear flushed. These side effects are temporary and your child should be feeling normal within a few hours.
- Most children will take small sips of clear liquids until fully awake and any nausea has passed. At this time they can resume his or her normal diet.

Home Care:

- Children usually need to rest for the first 2-3 days after surgery. Physical activity and exercise should be kept to a minimum during this week of recovery. Light activities and avoidance of physical activity that could result in a blow to the incision areas is recommended for one month.
- Your child may have diet as tolerated.
- Take antibiotics and pain medication as directed.
- You may remove the outer dressing after 48 hours and then it will be OK to bathe or shower. DO NOT REMOVE THE STERI-STRIPS. Allow them to fall off on their own.
- DO NOT ALLOW YOUR CHILD TO PICK AT THE SUTURE LINE
- Call the office immediately for any sign of infection; redness, swelling, fever, discharge from incision sites.

Please call to schedule a post-op appointment 3 months after surgery.

Please schedule a post-op appointment with your neurologist 1 week after surgery.

Please do not hesitate to call our office with any questions or concerns 713-796-2001