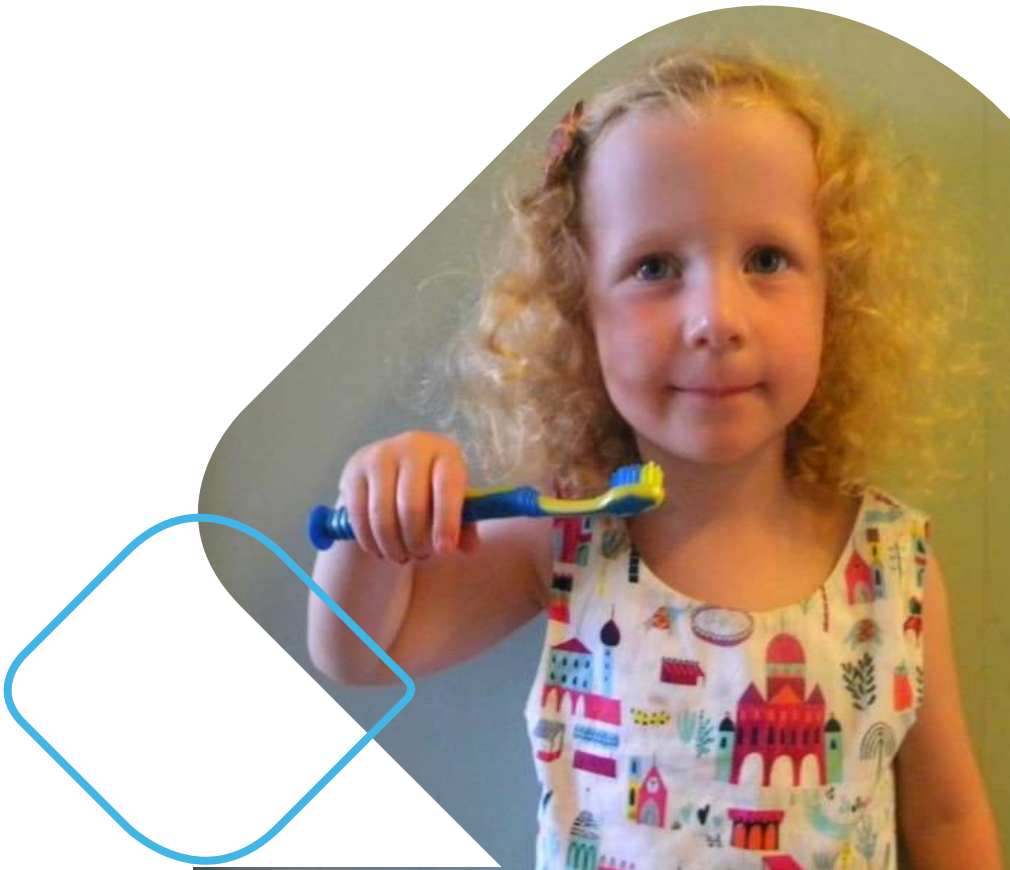


Dental Patients

Children's Ward

Oral and Maxillofacial Surgery Department



During your stay

What do you need to bring?



Your favourite cuddly bear/ doll/ toy/ book/ DVD

Dressing gown/ slippers

Change of clothes

Your parent/ carer will need to bring money for the car park and meals/ snacks for themselves

Preparing your child for their hospital admission

If you would like to speak to the Hospital Play Specialist about coming into hospital or would like a pre-visit, please phone the numbers shown below and ask for the Play Specialist. They are available Monday to Friday.

There are short films available on the RUH website covering a 'Virtual Reality Tour of the ward', 'Having an Anaesthetic for your Operation' for children over 8 years old and 'Going to Sleep for your Operation' for children under 8 years old.

The following link will take you to these:

<http://www.ruh.nhs.uk/patients/services/clinicaldepts/paediatrics/videos.asp?menuid=1>

OR Go to the Main RUH website –Click on Patients & Visitors, Click 'P' for Paediatric Department then Films for Children.

On the day of the operation - We politely ask that only ONE parent or carer attends with your child due to limited space in the area designated for Day Surgery. Thank you for your co-operation with this.

On the ward

The Playroom- this is where you can come to play, make things, paint, be creative and join in with lots of activities with other children

Parent's/ Carer's sitting room - there are NO HOT DRINKS allowed in the ward area itself, but there is a sitting room nearby with tea/ coffee making facilities where parents and carers can have a hot drink/ snack and watch TV.



CONTACT TELEPHONE NUMBERS



Children's Ward (Middle unit) – 01225 824421 or 01225 824413.
Children's Ward (Reception Desk) – 01225 824442 (Monday – Friday, 9am – 5pm).

Pre-operative Fasting Guidelines in Children

IMPORTANT: Fasting Information

Patients must **not** have any **food** to eat or **milk** to drink for **6 hours** before admission to hospital.

Breast feeding may continue until **4 hours** before admission.

However all children are **encouraged to drink clear fluids**, (water or dilute squash) until they arrive at the hospital, to avoid becoming dehydrated.

Oral Hygiene and Dental Decay

Dental decay can be kept to a minimum by:

1. Brushing for 2 minutes, twice a day – the last thing to touch the teeth at night should be a fluoride toothpaste – spit, don't rinse.
2. Keeping sweets, fizzy drinks and other sugary foods to have at mealtimes. (Google the 'Stephan Curve' if you are interested in more details about how sugar intake affects your teeth). If you have to eat between meals, go for 'safer' foods like bread and butter or milk or water from a cup. Other safer alternatives can be discussed with your Dentist.

Some medical conditions can also contribute to dental decay. We understand this. With some conditions Doctors' and Dentists' advice may occasionally differ.

If you have any questions, please ask. We are here to help.



Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656.

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The RUH, where you matter