



# PRE-SURGERY INFORMATION



# Table of Contents

	Page
Check In . . . . .	1
Preparing for Surgery . . . . .	2
Feeding Instructions. . . . .	3
Anesthesia Info. . . . .	4
After Surgery. . . . .	5
Phone List & Clinic Appointments . . . . .	6

# Where does my child check in for surgery?

## What time should we come to the hospital?

Please call pre-anesthesia at 925-7323 after 2:00 PM the day before surgery for your arrival time. You will also be given feeding information for your child before surgery. Please follow the feeding information carefully and arrive on time. This will help things to go better for you and your child.

## Where should I park?

If your child is having surgery you will park in the structure just west of the hospital. The elevators in the parking structure will take you to the first floor where you can enter the hospital through the west doors.

## Where do I take my child to have surgery?

The surgery rooms are on the fifth floor at the west end of the Barbara and Bill Richardson Pavilion. Please go to the surgery area. There you will find a check-in desk.

## What happens next?

After check-in, please have a seat in the waiting area until you are called back to the pre-op area. There, a nurse and anesthesiologist will talk with you and your child, take vital signs and make sure everything is safe before the surgery.

Your child may be given medicine to help him or her relax before surgery. The medicine is often given in a liquid form for your child to drink, but it also can be given in other ways.

Parents will be brought back to the pre-op area after teens have changed his or her clothing. All girls who have started their periods will be asked to provide a urine specimen for a pregnancy test. This is a safety precaution for anesthesia and surgery.

When it is time to go to surgery, your child may be taken there on a stretcher, in wagon or they may be carried. Your child may become upset separating from you. Rest assured that the medical staff will take good care of your child!

While your child is in surgery, at least one parent will need to wait in the surgery waiting area. The recovery area is a locked unit. A staff member will accompany you in and out of the unit.

If you leave the waiting area while your child is in surgery please let the staff know. You may need to leave a cell phone number in case the doctor needs to get in touch with you.



# Preparing your child for surgery

## Helpful hints for parents:

- Bring insurance cards, medication lists and immunization information with you.
- Have babysitters for other children.  
*This may be a good night for a sleep-over with friends or family.*
- Buy the foods or medication your child will need after surgery: Jell-O, clear liquids, ice cream, water bottles, Tylenol.
- Purchase easy-to-make dinners for the night of surgery.
- Have activities your child can do in bed (Movies, puzzles, paper and crayons for drawing, books, etc.)
- Schedule time for yourself
- Have a transportation plan, including a car seat if necessary

## What to bring with your child the day of surgery:

- Please dress your child in clothes that are loose fitting with drawstring and zippers.
- To make your child comfortable, a favorite toy or blanket can stay with them.
- Please have your child remove all jewelry and glasses or contact lenses.
- Write down any questions you might have of medical staff. Our medical staff is trained to answer your questions. Telephones and cameras are not allowed in any pediatric surgery area.

## When should you tell your child they are coming to the hospital?

This depends on his/her age:

- A child under three years old should be told two or three days before surgery.
- A child between four and seven years old should be told four to seven days before surgery.
- An older child should be told a few weeks before and encouraged to participate in the decision-making about his/her care.



## Behaviors children might exhibit after surgery:

- Age regression  
*Wanting you to hold them, sucking their thumb*
- Aggressive behaviors  
*Hitting, throwing toys, getting into fights*
- Elimination issues  
*Potty accidents, bed-wetting*
- Change in communication styles  
*Withdrawn, not talking, whining*
- Separation anxiety  
*Child does not want you to leave their sight*
- Change in sleeping patterns  
*Waking up in the middle of the night, not wanting to go to sleep at night*

# What should my child eat before surgery?

## Feeding Instructions

For your child's safety, it's very important that you follow these feeding instructions exactly. If you don't, the surgery may have to be cancelled. If you have any questions at all, please contact your child's doctor as soon as possible.

## Food

*At midnight the night before surgery, stop giving your child any food, including:*

Solid food, candy, chewing gum, milk and milk products, pudding, hot or cold cereal, orange juice, any juice with pulp

## Formula

- Please stop giving formula six hours prior to your arrival time.
- Do not give cereal in the formula after midnight.

## Breast milk

You may breast feed until four hours before your arrival time. Your child may then have the clear liquids listed below until three hours prior to your arrival time.

## Specific Times:

Please stop giving you child SOLID food after \_\_\_\_\_

Please stop giving you child LIQUIDS after \_\_\_\_\_

Please stop giving you child ANYTHING after \_\_\_\_\_

## Clear fluids

Your child may drink clear fluids until three hours before your arrival time. Don't allow your child to drink anything after this time.

**Clear fluids are:** water, soda, apple juice, clear broth, clear juice drinks, pedialyte, popsicles, ice pops, water ice, Jell-O



# When Your Child Needs Anesthesia

We understand that a hospital visit can be a scary time. You will meet doctors, nurses, child life specialists and other people. They will all work to make this a positive experience.

## What do anesthesiologists do?

One of the special doctors you will meet is called an anesthesiologist. They have training to help your child sleep during surgery; and make your child as comfortable as possible. They take care of your child before, during and after surgery. During surgery, anesthesiologists are looking for changes in breathing, uncommon heartbeats, changes in blood pressure, among other things. It is rare that these things happen during surgery. However, an anesthesiologist is there to care for your child if they do.

## The Anesthesiologists Assessment

The anesthesiologist will want to make sure your child is ready for surgery. You will be asked questions about your child's past and current health experiences. The anesthesiologist will make a clear plan that will put your child at ease during surgery. Your child may get medicine to help them relax before leaving the holding area. The anesthesiologist will talk with you about if and how to give this medicine. This is the best time for you and your child to ask questions and let us know your concerns.

## Pre-surgery assessment

If your child is having outpatient or same-day surgery, your assessment will take place one of three ways: 1. The day of surgery, 2. During your pre-op clinic appointment, 3. A phone call from our department. All surgeries are very serious, for your child's safety, it is important to follow all pre-op instructions.

## While your child is in surgery

Before leaving the waiting area be sure to check in with the registration secretary. While you are waiting, we invite you to pass the time at any of the eateries in the hospital. Those include: 1) Hospital cafeteria – 2nd floor Main Hospital; 2) Jersey Jack's – 1st floor Pavilion; 3) Subway – 1st floor Main Hospital; 4) Espresso Café – 1st floor Pavilion. You are also invited to go up to the Child Life area (6th floor Pavilion) and relax in



the Ronald McDonald Hospitality room where you will find coffee and snacks in a relaxing atmosphere.

Don't forget to bring items for yourself to help pass the time. Here are a few suggestions: book, puzzles, movies, newspaper, computer, arts and crafts, or any other item that will help you pass the time.

**Reminder:** Do not leave the waiting area without checking with registration secretary.

## How will my child be given anesthesia?

**General anesthesia** makes patients lose consciousness during surgery. General anesthesia can be given several ways:

- I.V.
- Letting your child breathe through a mask. This is called a mask or inhalation induction. This way, your child will be asked to breathe through a "special mask" quietly, and no needle sticks will occur until after your child is sound asleep.

## Regional anesthesia

- It is possible to give pain relief to certain parts of the body without general anesthesia. Your anesthesiologist can discuss the pros and cons of regional anesthesia with you.

## Pre-Anesthesia Office Information

\_\_\_\_\_AM Admission    \_\_\_\_\_Day Surgery

Please call pre-anesthesia at 925-7323 after 2:00PM the day before surgery for your arrival time.

On the day of your child's surgery, you will be informed what time it will occur: \_\_\_\_\_

Arrival time to unit: \_\_\_\_\_

Length of surgery: \_\_\_\_\_

# What Happens After Surgery?

► After surgery, your child or teen will be taken to the Post-Anesthesia Care Unit (PACU).

While your child is in the PACU, the nursing staff will closely check his or her heart rate, breathing, blood pressure, oxygen levels and body temperature. Pain medicine will be administered if needed. The surgeon will talk to you in the surgery waiting area. When your child is settled in the PACU, you will be taken to his or her bedside. Recovery time in the PACU can vary from 30 minutes to two hours.

## Your child may have the following items after surgery:

- IV
- Oximeter
- Dressing on incision site
- Oxygen
- Blood pressure cuff

## Recovery

As your child recovers from anesthesia, he or she may be quite drowsy. If your child is sleeping, please do not wake them. Children tend to do better when they awaken on their own.

Sometimes children behave differently when they recover from anesthesia. For example, your child might be fussy, cranky or crying. This behavior resolves within 30 minutes following surgery. Remaining calm and providing comfort and support for your child is helpful during this time.

When your child has recovered from anesthesia. They will be discharged to home or to their hospital bed. If you are going home, you will be given instructions how to care for your child following surgery.

## Pain management:

A nurse or doctor will evaluate your child's pain after surgery. We understand that you know your child better than anyone else does. If you see a behavior that is abnormal please notify the nurse immediately.

## Supporting your child after surgery

- Assure the child that they did nothing that caused them to have surgery.
- Give your child age-appropriate, honest answers.
- Talk to your child about how they felt before and after the surgery. Ask about sights, smells and sounds that they experienced.
- Validate children's feelings about the procedure.
- Help your child gain a sense of closure on a significant life experience. Here are few examples:
  - Create a hospital scrapbook.
  - Get staff to sign an autograph book.
  - Throw your child a "feeling better" party at home.
- Prepare special meals for your child.
- Paint or draw pictures of the hospital.
- Encourage your child to keep a diary of feelings and events.
- Reassure the child that they do not have to be sick or injured to visit the hospital. They are welcome to return and visit in the future.
- Volunteering, bringing gifts that they have made.
- Visit with a scout or church group.
- If your child brings up the surgery during conversation, take the time to engage in a discussion with your child.
- Many younger children view the hospital or a painful procedure as a punishment for something they did wrong. Let them know that is not the reason.



# Phone List & Clinic Appointments

## Pediatric Surgery & Recovery

Pre-op room..... 925-7363

Pre-op desk ..... 925-7323

Clinical Neuroscience Center..... 272-3160

General Pediatrics Clinic..... 272-2345

Ear, Nose & Throat Office ..... 272-6452

Northeast Heights Clinic..... 272-2290

Pediatric Surgery Office ..... 272-5913

UNMH Shuttle..... 272-3976

Ronald McDonald House ..... 842-8960

Casa Esperanza ..... 277-9880

Safe Ride Central ..... 1-800-797-7433

Eye Clinic ..... 272-2553

Pediatric Urology ..... 272-5505

Carrie Tingley Ortho..... 272-5286

Carrie Tingley Peds Clinic ..... 272-4511

Child Life Program ..... 272-2671

## Clinic Visit Information

Date of surgery: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Type of surgery: \_\_\_\_\_

Attending Doctor: \_\_\_\_\_

Doctor office number: \_\_\_\_\_

Anticipated length of stay: \_\_\_\_\_

Location of surgery:

\_\_\_\_ Pavilion    \_\_\_\_ Main    \_\_\_\_ OSIS

## Pre-Surgical Testing

**Go to Pre-Assessment Clinic**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

**Go to Blood Draw**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

**Go to X-Ray**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

**Other** \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

## Follow-up Visits:

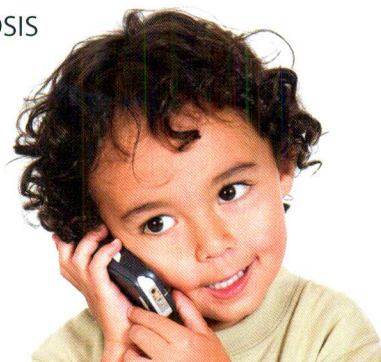
Date: \_\_\_\_\_ Time: \_\_\_\_\_

Dr: \_\_\_\_\_ @ \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Dr: \_\_\_\_\_ @ \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_





## NOTES

