

Caregiver's Guide to Prepare Children for a Procedure

Day Before Procedure:

- Having a procedure can be a scary experience for a child. To help alleviate fears, explain to your child the procedure details (age appropriately) and what he/she can expect upon arriving at the hospital.
- For added comfort, bring a favorite sippie cup, bottle, pacifier, toy or blanket.

Day of Surgery—What to Expect During Pre-Procedure Care:

- Once checked in, you will be escorted to your pre/post room.
- Your child will need to change into a hospital gown



and the nurse will assess your child.

- Prior to the procedure, you will meet with the surgeon, anesthesiologist and nursing staff who will care for your child during surgery.
- You may stay with your child until he/she goes into the operating room.

Day of Surgery—While You're Waiting:

- During your child's procedure, at least one parent must remain in the pre/post room or surgical waiting area at all times.
- Upon arrival, please check in with the receptionists, who will record your mobile phone number to ensure staff can contact you.
- You can follow your child's phase of care by viewing the electronic tracking board in the waiting room.
- Throughout the procedure, staff will keep you updated. Upon completion, the physician or

physician's assistant will talk with you. The receptionist is also available to answer any questions.

- If you're hungry, the Seasons Dining Room cafeteria is located on the Lower Level and Café 1900 is located on the first level near the Main Hospital Entrance. Keep in mind, one parent must remain in the surgical area at all times.

Day of Surgery—Post-Procedure Care:

- After the procedure is done, your child will remain in the operating room for 10-30 minutes while he/she wakes up from anesthesia.
- After waking up, your child will be taken to the recovery room where a nurse will closely monitor your child's physical condition.
- You will be called from the waiting room and informed when you are able to reunite with your child.
- Your child may be very irritable or disoriented due to the anesthesia. **Do not be alarmed, this is a normal response.**
- An IV is placed in your child's arm or hand for medication and hydration.
- Only two adults—parents or primary caregivers—can be with the child in the recovery area.
- For the safety and privacy of all our patients, family must stay at their own child's bedside at all times.
- Please respect the privacy of other patients/families.
- After your child is ready to leave the recovery room, your child will be moved to an extended recovery area or an inpatient bed.
- In the extended recovery area, your child will be cared for by a nurse and prepared to go home.

Pain Relief Tips:

- Your child will be given a safe amount of pain medication as needed.
- Medication and/or other pain management techniques should be used to keep pain away and stop pain before it gets worse.

(continued on other side)



The way you *should* be treated.™

- Even after medicine, your child may experience some pain.
- Please ask if you need more information about keeping your child comfortable.
- For your convenience, prescriptions can be filled at the Walgreens Pharmacy located on the first floor of the outpatient Pavilion. A nurse can send a prescription and have it delivered prior to your child's discharge.
- As the caregiver, you can best recognize when your child is in pain. We rely on you to help us know about your child's pain and how well we are treating it. Please call your physician's office or the location of the procedure if you need assistance relieving your child's pain. If your child's pain is not improving or is getting worse, notify his/her doctor as soon as possible.

Educational Tips:

- Your child's nurse will provide teaching materials about the procedure, such as:
 - Procedure overview
 - Normal and potential adverse reactions to anesthesia
 - Instructions for feeding
 - Special instructions on wound care and medications
 - Instructions for managing pain
 - Follow-up care instructions.

If needed, please ask your child's nurse for a letter to excuse your child from school or explain physical restrictions for school or other activities.

Day After Surgery:

- Follow the instructions provided by your physician and nurse for feeding and follow-up care.
- A nurse will call your home the day after surgery to ask how your child is feeling and to answer any questions.
- **If you think your child needs immediate attention or is having breathing problems, take your child to the nearest emergency room or call 911.**

If any of the following occur after discharge:

- Fever over 101.5 F (38.6 C)
- Vomiting that does not stop
- Bleeding that does not stop
- Pain that is not controlled by medication, then

...**immediately** call the office of the physician who performed the procedure.

If your physician gave you instructions to schedule a post-surgical evaluation, call the physician's office.

