



SURGERY PREPARATION

HURLEY
CHILDREN'S
HOSPITAL
Child & Family Life

How to Prepare Your Child for Surgery

a note for caregivers



Research has found that children and teens tend to cope better with surgery and recovery when they know what to expect before, during, and after the surgery. This book was created by Certified Child Life Specialists to give caregivers the language and tools to explain what will happen.

Child and Family Life
810-262-9927

Please follow all instructions from the medical team about when to stop eating and drinking and when to take medications.

Be Prepared & Be Honest

Use simple, accurate words to prepare your child. If you are unsure how to answer a question, we encourage you to say “I’m not sure, let me ask your team about that!” and then reach out to medical team or Child Life.

Encourage Discussion

Allow opportunities for your child to ask questions and process. In your conversation, reassure them that it is normal to feel nervous



About You!

My name is: _____

My favorite color is: _____

I **have** **have not** had surgery before
(circle one)

The date of my surgery is: _____

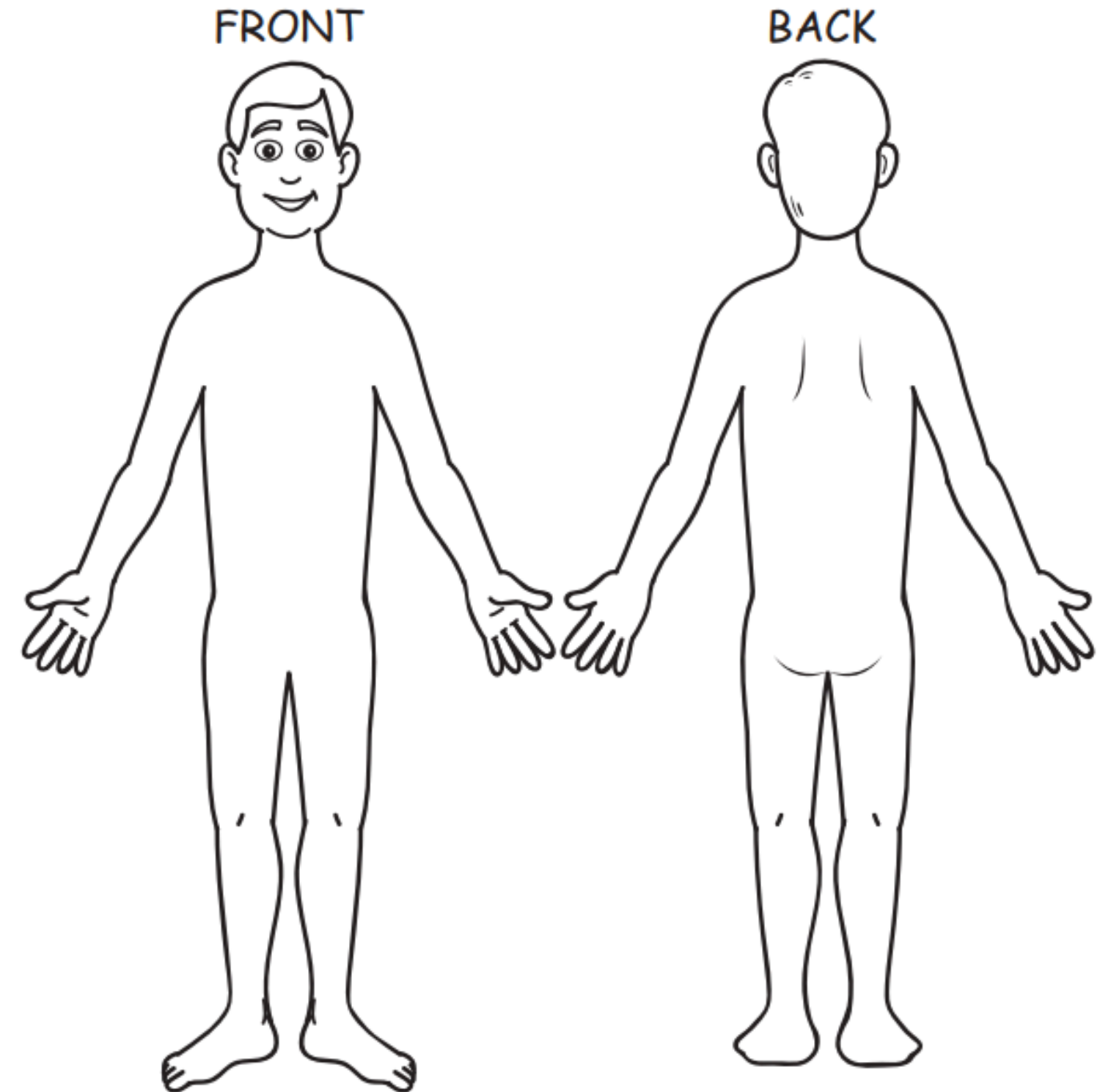
My surgeon is: _____

I am most nervous about: _____

I am most excited about: _____

I have questions about: _____

Can you make a circle on this picture on the part of your body your surgery is going to be?



Before Your Visit

You will be given specific instructions regarding what is needed before surgery. Examples of instructions include:

- No food or drinks after midnight the day of the surgery.
- If and how to take medications on day of surgery
- Check-in time for surgery (typically 1 hr and 30 min early)

Failure to follow instructions exactly as given could cause postponement or cancellation of surgery.

Additionally, you may be asked to bring an empty baby bottle or cup, a favorite toy or blanket, extra diapers, and activities to keep busy in case of a delay.

We ask you to remove all jewelry, nail polish, hair clips, contact lenses, and retainers prior to arriving to the hospital

Packing List

use the space on this page to keep track of what you need to bring on the day of your procedure

You will come into the hospital through the main entrance and check-in at the front desk.



Arriving to Hurley



Then you will ride the **Blue Elevators** to the 4th floor



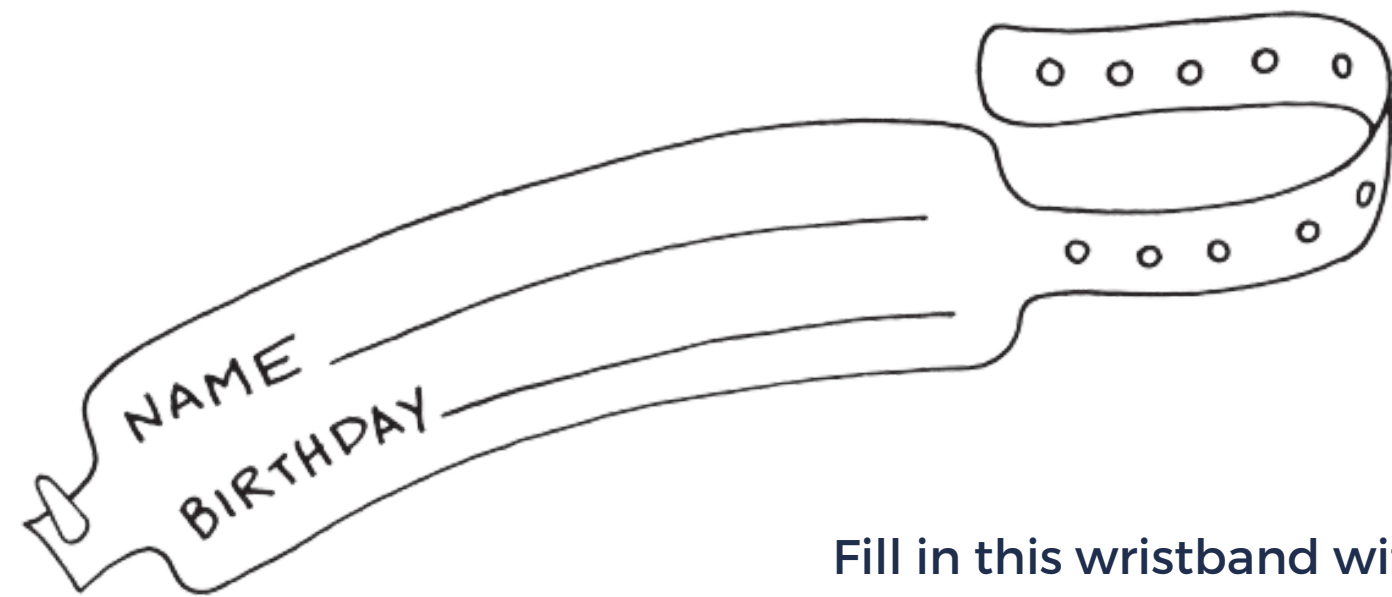
Next you will take a 3-5 minute walk following signs to "Same Day Surgery" "4C" and "Surgery Check-in"



Checking In

A member of the Hurley team will help check you in and ask your caregivers some questions.

You will get a bracelet for your wrist (or ankle) to let hospital staff know who you are! Staff will scan and check this band many times throughout the day. This is one of the many safety checks that Hurley has in place to make sure you are well taken care of!



Fill in this wristband with your name and birthday



Height and Weight

After you check in, a nurse will measure your weight and height.

These measurements are very important - it helps our doctors and nurses know how much medicine to give!

Your job is to stay still and stand up tall while getting your measurements taken.



Your Room

This is called a “pre-op” room or the “getting ready room.”

You may share this room with another young patient who has come to the hospital for a different procedure. You will be separated by a curtain for privacy.

In this room your nurse will ask your caregivers more questions to help the medical staff know all about you! You can sit on the bed and watch TV.





Throughout the day, nurses and doctors will listen to your heart and lungs with a **stethoscope**. Taking deep, slow breaths in and out will help them to hear your heart and lungs.



You will also have a **pulse oximeter** or **pulse ox** put on your finger. Sometimes it looks like looks like a band-aid and sometimes it looks like a clip. It glows red and tells nurses how well you are breathing. It does not hurt and some kids say it looks really cool!

The nurse will also measure your temperature with a **thermometer**. Some kids say it feels cold but it is quick and does not hurt.



The nurse will also check your **blood pressure**. A cuff will be wrapped around your arm or leg. Your job is to hold still like a statue while it squeezes and measures.

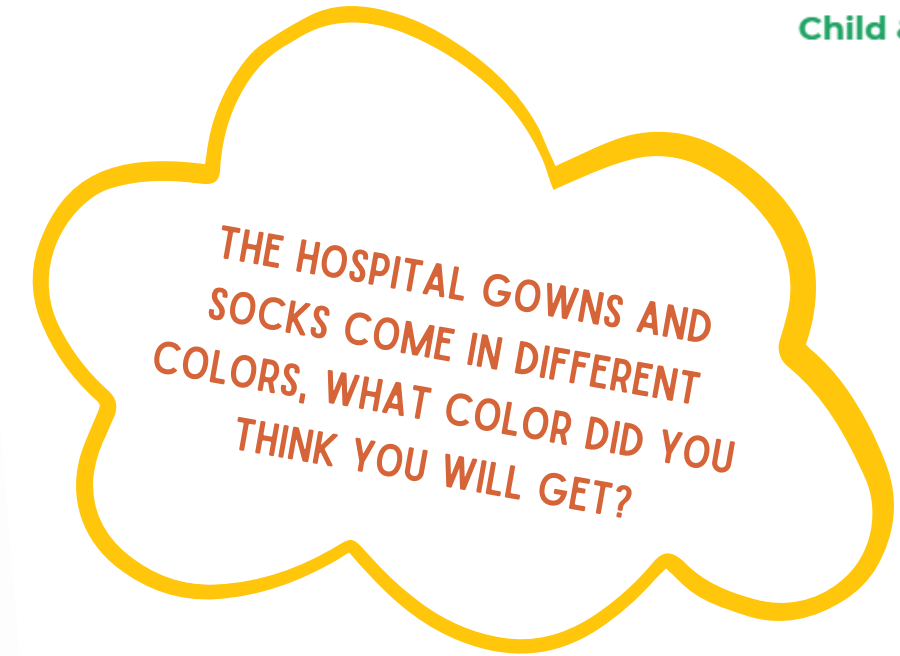


Hospital Clothes

You will be given privacy and time to change into a hospital gown, sometimes called “**hospital pajamas.**” Sometimes you can take your underwear off and sometimes you can keep it on!

You may be asked to wear a hair net and grippy socks as well.

All of these clothing rules help keep you safe and clean during surgery.



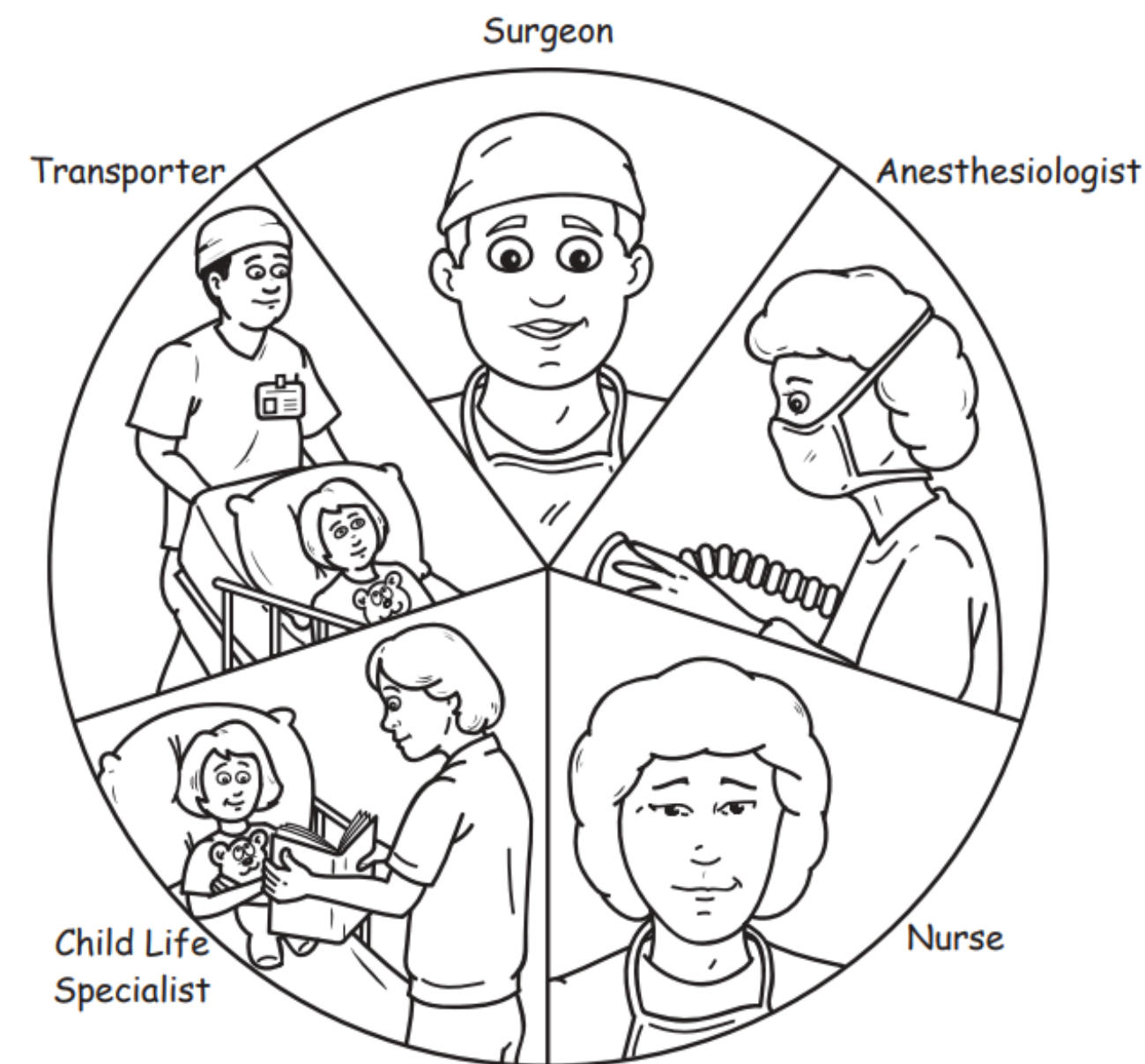
Your Team

You will meet some new, and some familiar, people before your procedure including nurses, doctors, and anesthesia!

The **anesthesia (an-ess-THEE-zhuh) team** is who keeps you sleepy and not feeling anything during your procedure. They are really smart and fun!

Your medical team will wear hospital clothes, called scrubs, as well as hats, and masks - they wear these to keep everyone clean and safe

They are nice, friendly, and smart and each has an important job during your procedure to make sure it goes well!



Do you know what each one of these people's job is?

Time to Ride!



When it is almost time for your procedure you will take a ride on your bed with wheels, also called a **stretcher** to the **pre-op bay**.

DID YOU KNOW:
YOUR BED HAS
WHEELS ON IT!

Pre-op Bay



This is the **pre-op bay!** The pre-op bay is the quick stop you make before your procedure. Here you may meet more members of your team.

You may be able to get a special medicine to help you feel more relaxed. This medication is given as a liquid in your mouth and some kids say it doesn't taste great, but is worth taking.

This is the room you will say "see ya later" to your caregiver and give them a big hug! Then you will take a ride through the hallways to the **operating room** or **OR.**

Operating Room

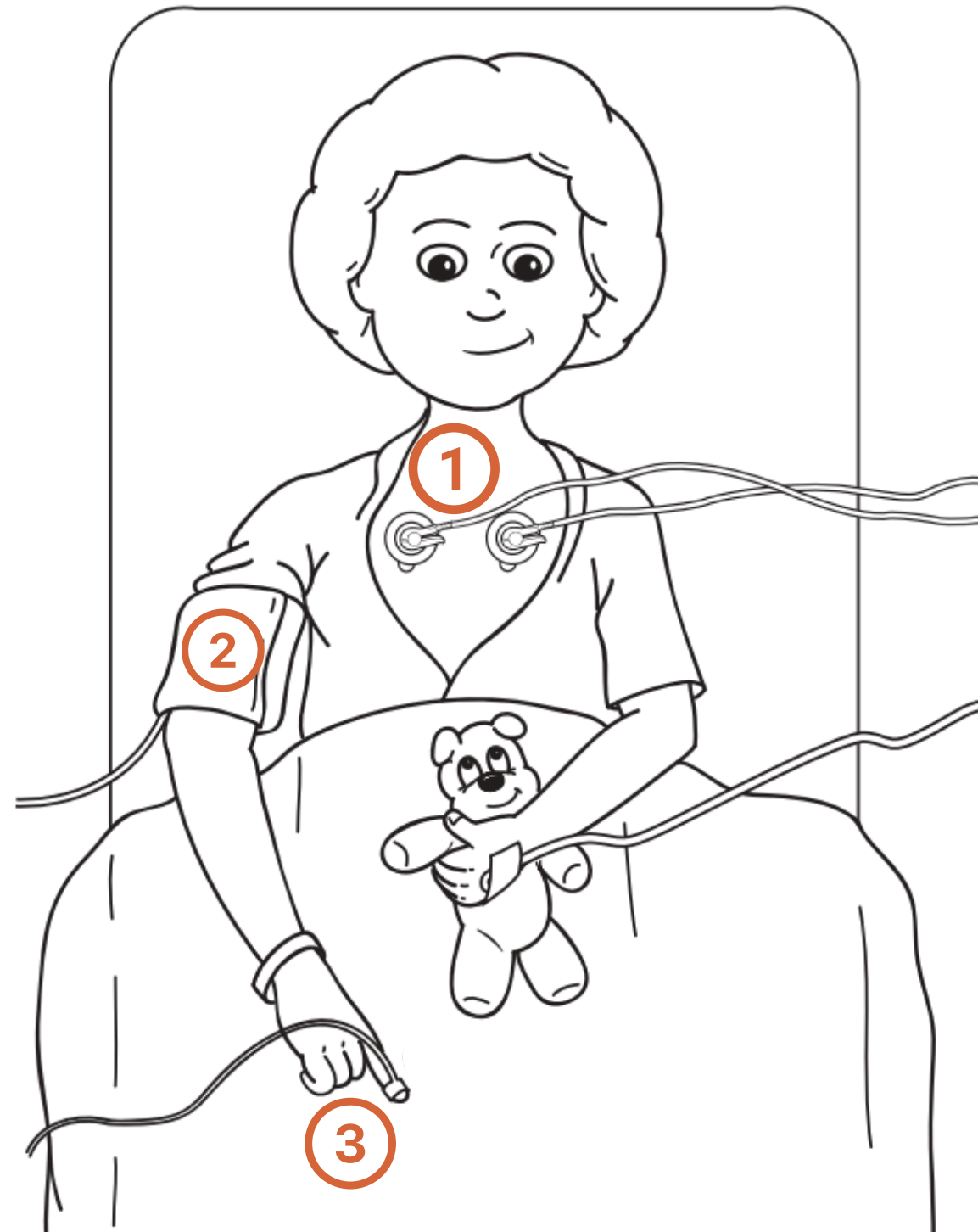
Welcome to the operating room or **OR!**

This is the room where your procedure will be done. It has lots of extra machines and supplies including the ones that help you go to sleep. This room is kept very clean so you stay safe.

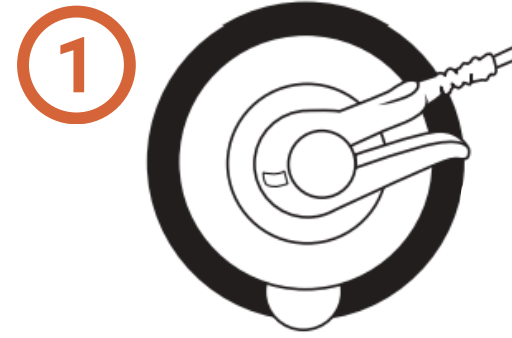
In this room, you will also get special stickers on your chest called **leads**. Some kids say they feel cold and sticky when they are put on. They help measure your heartbeat.

When you get into this room, you will notice some bright lights and a big table. The team will help you get on the table and get cozy. You even get to wear a seatbelt on the bed. You can ask to hold someone's hand or listen to music in this room.

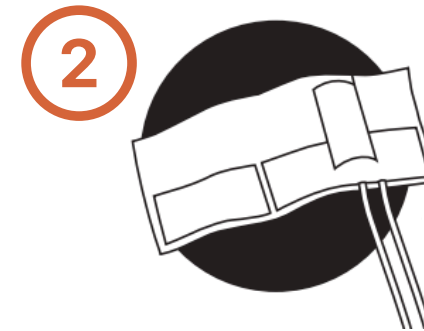




While you are in the operating room, the doctors and nurses will watch you closely. One way they do this is by attaching 3 different kinds of monitors to you!



Heart Electrodes
stickers that measure your heartbeat during surgery. They attach to your chest, stomach, and back



Blood Pressure Cuff
measures how fast blood is moving through your body. Wraps around your arm or leg.



Pulse Oximeter
measures your breathing during surgery. Placed on your finger or toe

Falling Asleep

Most kids under the age of 10 will get to fall asleep with a soft mask and sleepy air, called **anesthesia**.

The mask has a cushion and will gently be placed over your nose and mouth. Your mask will be connected to a tube which is connected to a balloon! Your job is to take slow, deep breaths to blow up the balloon while counting to 10.

There is a special team whose whole job is making sure you stay asleep the whole time and to help you wake up when it is all done... do you remember what they are called?

Answer: The Anesthesia Team



WHAT COLOR DO
YOU THINK YOUR
SLEEPY AIR BALLOON
WILL BE?

Waking Up



Does this room look familiar?

You will wake up in the same room you were in right before you went to the OR.

When you wake up you will have an **IV** or “small bendy straw” to give you medicine and a nurse taking care of you. If you are uncomfortable or in pain, tell your nurse and they can give you medicine in your **IV** to help you feel better.

When you wake up you may have extra air being given to you through a mask or small tubes near your nose.

Once you are awake, you will be allowed to have one family member come and say hi to you!

Recovery



Once you are feeling comfortable you will once again ride your bed with wheels to a **recovery room**. This room is where you will rest and spend time with your caregivers.

In this room you may get water, a slushie, or a popsicle to help soothe your throat - which may feel dry or sore. You will likely be sleepy for the rest of the day.

Heading Home

Most kids get to go home the same day as their procedure, but some have to spend some more time at the hospital.

Once your doctor says you can go home, the nurse will go over plans with your caregivers and remove your IV, which is the straw that has been helping give you medicine.

You will get to change back into your clothes from home and then ride in a wheelchair to your car.



Discussion Questions for **Before** Surgery:

What do you think the hardest part of having surgery will be?

What would make this part easier?

What do you think will be the best part about having surgery?

Who and what will come with you on the day of surgery?

What questions do you have?

Discussion Questions for **After Surgery:**

Was the hospital better or worse than you expected?

The best part about coming to the hospital was...

The hardest part about coming to the hospital was....

If one of my friends were having surgery, I would tell them...

Dr. Alpha Bet's Word Jumble

Can you make words from the scrambled letters below?

1. d r o c t o

— — — — —

4. y s g r u e r

— — — — —

2. r o g u e s n

— — — — —

5. t a s h t l o i g i s n e s e o

— — — — —

3. e n s u r

— — — — —

6. p h i o t s l a

— — — — —

ANSWERS: 1) doctor 2) surgeon 3) nurse 4) surgery 5) anesthesiologist 6) hospital

Dr. Alpha Bet's Word Search

S	B	L	O	O	D	P	R	E	S	S	U	R	E
L	W	J	O	H	N	S	H	O	P	K	I	N	S
E	A	O	T	N	Y	X	Z	G	A	M	E	S	T
E	K	C	H	I	L	D	L	I	F	E	V	W	E
P	E	O	E	E	P	O	P	S	I	C	L	E	T
Y	U	O	R	T	C	C	T	S	R	Q	P	L	H
M	P	K	M	H	I	T	D	L	I	F	K	U	O
E	R	I	O	O	P	O	L	S	E	O	X	N	S
D	O	E	M	S	D	R	F	G	H	M	I	R	C
I	O	G	E	P	A	J	A	M	A	S	A	S	O
C	M	J	T	I	C	U	I	T	A	L	Y	S	P
I	N	E	E	T	B	I	R	E	S	S	U	E	E
N	U	R	R	A	L	C	A	U	R	E	N	R	G
E	R	A	N	L	I	E	P	M	O	V	I	E	S

Find the **BOLD** words in the puzzle!
Words go straight across or down

Games - We have a lot, do you want to play?

Popsicle - Mmm...the Wake Up Room has some!

Sleepy Medicine - The real word is anesthesia

Pajamas - Did you put on your hospital PJ's?

Stethoscope - Listens to your heart and lungs

Blood pressure - Did your nurse check yours?

Juice - You can drink some in the Wake Up Room!

Thermometer - Shows your temperature

Child Life - Who are they?

Doctor - Did you meet yours yet?

Movies - Do you want to watch one?

Wake Up Room - Where you wake up

Everyone on your medical team has the same goals: to keep you safe and help you feel better!

If you have questions or are nervous, it is best to let your medical team know so they can help! Child Life Specialists are available to help make things a little easier and less scary.

Hurley Child and Family Life

Monday - Friday
8 am - 4:30 pm
810-262-9927

MY QUESTIONS

