

# Preparing Your Child for Surgery

We understand surgery can be frightening, especially for a child. Preparing your child in advance and explaining what he/she can expect during their hospital visit will help to relieve some of their fears.

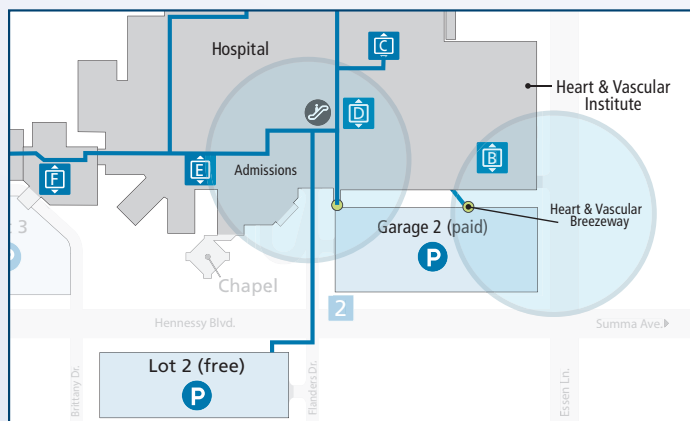
## Before Your Child's Procedure

- Before your child's procedure, you will meet with the physician performing your child's procedure. You will also meet with the anesthesia team and they will discuss your child's plan of care with you and your family.
- You may also meet with a Certified Child Life Specialist who can prepare your child for his/her procedure using child friendly language and medical play.
- It is important that your child does not eat or drink after 11 p.m. the night before the procedure unless instructed differently by your physician (this includes water, candy, mints and chewing gum). You may brush your child's teeth, but do not allow them to swallow any water.
- If your child takes medication for seizures, diabetes or any other daily medication, ask your physician about special instructions regarding taking these before surgery.
- Please bathe your child with an antibacterial soap before their procedure. Pay special attention to the procedural site.
- Notify your physician if your child experiences any of the following symptoms within three days of his/her procedure:
  - Cold or flu symptoms (sore throat, diarrhea, etc.)
  - Temperature greater than 100.5 °F
  - Any infection including toothaches
  - An asthma attack
- Please remove all jewelry, including earrings, before coming to the hospital.
- If you think your child is feeling especially anxious about coming to the hospital, you can contact the Child Life Department at (225) 765-6968 for additional tips, resources or to schedule a pre-operative tour of the hospital.

- If your child has any special needs or may require special accommodations on the day of surgery, please contact the Child Life Department at (225) 765-6968.
- Visit [ololchildrens.org/HowtoPrepareYourChild](http://ololchildrens.org/HowtoPrepareYourChild) for detailed information about preparing your child for surgery according to their developmental level.

## Day of Your Child's Procedure

- Please arrive at the designated time given by your physician to St. Mary's Admissions on the second floor of the hospital. Parking is available in the parking Garage 2 next to the hospital for \$3 each time you exit. Free parking is available in Lot 2 located across Hennessy Boulevard.



### Please bring the following items with you:

- Insurance card and co-pay if needed.
- Home medications in original bottles or a current list including dosage.

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**OUR LADY OF THE LAKE  
CHILDREN'S HOSPITAL**

- o Any paperwork or x-rays given to you by your physician.
- o For dental procedures, please bring your history and physical form from your child's physician.

**Please note:**

Only parents or legal guardians with proof of guardianship are allowed to give consent for your child's procedure. Please bring legal custody papers with you to the hospital. If you are a foster parent, please bring the phone number of the social worker so that consent can be obtained.

**Helpful reminders:**

- o Dress your child in comfortable clothes. A hospital gown will be provided prior to the procedure. It is also helpful to have an extra set of clothes/underwear for your child.
- o Bring a pacifier, diapers, wipes, sippy cup, bottle, formula/breast milk and any other items to keep your child comfortable. Please keep bottles with formula/breast milk and sippy cups hidden until after surgery.
- o Do not eat or drink in front of your child. Food and drink is not allowed in the pre-operative area.
- o Allow your child to bring a comfort item with them to the hospital (a favorite toy, stuffed animal, blanket, etc.).
- o Visitors are limited to two per patients in the pre-operative area while staff is preparing your child for his/her procedure.
- o Children can sense your emotions. If they feel you are anxious or worried, they may become anxious or worried as well.
- Keep in mind that the scheduled procedure time is our best estimate. Your child's procedure could be earlier or later for many reasons, so please be flexible and patient.
- When it is time for your child's procedure, you and your family will be directed to the surgery waiting room.

## During Your Child's Procedure

- The procedural team will notify you at the beginning the procedure and provide updates throughout its progression.
- At least one parent or guardian must stay in the waiting room during your child's procedure. If you have to leave for any reason, please notify the waiting room receptionist.

## After Your Child's Procedure

- The physician will meet with you immediately after your child's procedure is complete to give you details about the procedure.
- Shortly after meeting with the physician, you will be able to join your child in the recovery room as they continue to wake up.
- Only two parents/guardians will be allowed in the recovery room. Siblings or other children are not allowed in the recovery room.
- The Nursing team members will make every effort to make sure your child is comfortable prior to discharge.
  - o If your child is experiencing pain or discomfort please notify your child's nurse. Use the chart below to help identify your child's pain rating.



- o It is helpful to respond in a comforting manner using sensitive touch and a calm voice to sooth your child.
- o Each child can respond differently to waking up from anesthesia.
- Your discharge nurse will provide you with written and verbal instructions on how to care for your child at home prior to discharge.
- Our goal is for you to feel confident and prepared to care for your child. Please ask our team members any questions that you may have prior to discharge.

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