

Providing Preparation for your Child Before Surgery

- On (*this day*) we will be going to the hospital so you can have an operation. People have an operation when the doctor needs to help a part of your body work better/look different. *Tell your child about the reason for his/her specific operation. (Ex: Your operation is for your knee. The doctors are going to help your knee work better.)*
- Operations are always done while you are asleep with a special kind of sleep medicine.
- On the day of your operation, you will come to the hospital with (*two caregivers maximum*) and your favorite toy/blanket that will stay with you the whole time you are in the hospital. (*Please review the eating guidelines with your child so they are prepared for not having anything to eat on the day of surgery.*)
- When we get to the hospital, you will get changed into hospital pajamas which are white and soft and the nurses will check to see how much you weight, what your heart sounds like (*with a stethoscope*) and check your blood pressure with the arm hugger (*a blood pressure cuff*). You will also get a bracelet with your name on it and one for your teddy bear/blanket, etc. This bracelet is your toy's pass to go anywhere in the hospital that you go.
- While you are playing with our toys and video games, your operating doctor, your sleep doctor and your operating nurse will come to meet you. They will ask you some questions and you can ask them questions too.
- When it is time to go for your operation, you will say "see you soon" to your caregivers and walk with your nurse and special item (*teddy bear, etc*) down the hallway to your operating room.
- The operating room has a bed in the middle of the room which is for you. The room also has lots of machines, wires, sounds and lights. Not all the things you see in this room are for you and you can ask anyone any questions you have about what you see.
- Everyone in the room will be wearing their special hospital pajamas which are either blue or green. They will also be wearing hats on their heads and masks over the faces to keep their germs away. Don't worry; remember that everyone is smiling under their mask.
- The nurses will now help you up on the bed and give you some special stickers. The first 3 stickers are small circles that go on your chest. These stickers tell the doctors what

your heart is doing while you are sleeping. The next sticker has a red glowing light and is for your finger or toe. This sticker looks like a Band-Aid and tells the doctors what your breathing is doing.

- Now the nurses will give you a warm blanket and ask you to lie down. The sleep doctor will give you the sleep mask to put over your face. The mask is soft and see-through and kind of looks like an astronaut's mask.
- The sleep medicine comes through the mask, and you can't see it or feel it but you can smell it and you get to pick the flavor. You can pick from strawberry, watermelon, orange or bubble gum. What smell do you want your sleep medicine to be?
- As you breathe like normal into the mask, you will fall into a special medicine sleep. This sleep is different than the one you have at home, because you can't see anything, feel anything or hear anything. And you won't wake up until after your operation when you are in the wake-up room (*recovery room/PACU*).
- You may feel very sleepy for a while after you wake up, which is normal.
- A new nurse will be right next to you when you wake up. They will then ask your caregiver to come see you and you will stay together for the rest of the time you are in the hospital. And don't forget, your special teddy bear/blanket will wake up with you too in your bed.
- Taped to your hand, you will see an I.V. Your I.V is a way for you to get water and medicine without having to drink anything. If you look up, you'll be able to see the water bag hanging by your bed. The water slides out of the bag and gently down the waterslide tube until it reaches your hand where the water goes into your body through a soft bendy straw. The IV doesn't hurt and it helps make sure your body gets all the medicine it needs.
- The nurses will give you juice to drink and freezies to eat and soon you will be going upstairs to your own room in the hospital or going home.
- Do you have any questions about coming to the hospital?
- Is there anything that you aren't sure of or that makes you worried?