



SURGERY AT SKOKIE HOSPITAL



Preparing Your Child for Surgery

Surgery can feel stressful and overwhelming for children and caregivers. Children and teens cope better with surgery and recovery when they know what to expect before, during, and after the day of surgery. You can help your child by preparing them with information found in this book. This book was created to give caregivers the language and tools to explain what will happen.

OFFER HUGS AND PRAISE!

This is a new experience that they need you to be extra loving and caring for, be that place of comfort and encouragement for them.

ENCOURAGE LEARNING!

Learn about the surgery and encourage them to ask questions, if you don't know the answer, you will help find it for them!

PREPARE YOURSELF

If you are prepared, you will be better informed and able to support your child.

BE SIMPLE & HONEST

Use simple and honest language to explain why they need surgery in a way that makes sense for their age.

REASSURE!

It is normal for them to feel nervous. Validate and acknowledge their feelings, and focus on the surgery helping their body feel better.





Surgery Registration/Check-In

When you arrive at the surgery registration area, head to the desk and check in with the staff there. Once you've checked in, you and your parent/caregiver will be guided to the pre-operative area/check-in room.

Pre-Operative Area/"Meet & Greet" Room

Your nurse will meet you there and help guide you through the check-in process, making sure you are healthy and ready for surgery.

The nurse will first check your temperature, measure your height and weight, and listen to your heart and lungs with a stethoscope. After that, you'll change into a gown and get a special ID bracelet with your name and birthday.



Meet Your Care Team!

Doctor/Surgeon & Surgery Nurse: You will meet your amazing surgery team! They're here to answer all your questions and talk about fixing parts of your body. Get ready for them to come and talk with you about your surgery and help make sure you feel comfortable and understand everything.

Anesthesiologist/Sleep Doctor & Nurse Anesthetist/Sleep Nurse: Say hello to our sleep doctor and sleep experts! They use special medicine called anesthesia to help you sleep during surgery. You won't see, feel, hear, or remember anything. They'll likely use a tiny straw (like an IV) to help your body fall asleep easily.

Child Life Specialist: You also may also meet a Child Life Specialist or talk to one before your surgery. They're here to teach you about surgery, make sure you're super comfortable, and help with any worries or questions you might have.



What is an IV?

- IV stands for "into the vein or intravenous".
- It is a tiny straw (tube, catheter) that goes into the vein.
- The IV helps deliver medicine to help give your body the anesthesia medicine during your surgery.
- In other words, anesthesia helps your body take a really nice nap so you don't see, feel, hear or remember anything during your surgery! It's magical!!



Steps for Your IV

Finding the Blue Lines: Your body has these tiny blue lines called veins in your hand or arm. First, the nurse or doctor will gently find a good spot using just their fingers and eyes. You will feel a tight hug around your arm with a big blue rubber band to help see your veins better.

Cleaning Time: Once they find a good vein for your IV, they'll clean the spot where the special straw (IV) is going.

Distract Your Mind: Your job is to distract your mind during the poke. You get to choose – look or look away, count, take deep breaths, or even watch a funny video or listen to your favorite song! Your job is to help keep your mind busy and calm your body during the poke. You're in control!

Lidocaine "Helper" Poke: Now, here's the part where they use a teeny-tiny needle to give you a "helper" poke where they will slide the IV straw in. It feels like a bug bite and sometimes feels warm, and this helper poke helps to numb the area where your IV will be.

Tiny Straw Time: That special straw, the IV, is like a tiny bendy tube/straw. It slides into one of those blue lines in your hand or arm. Remember, you're all numb now, so you might feel pressure, but the straw will slide into your vein. Your job is to hold your arm still and focus on breathing and calming your body.

Sleep Medicine: When it is time for your procedure, the doctors will connect their medicine to the straw to give you some relaxing medicine before your surgery. They will then use the same straw to help give you the sleep medicine, anesthesia. This is the stuff that makes you take a really good nap during the surgery.



The Power of Distraction

During your IV poke, many kids your age like to focus on other forms of distraction to help them feel more and calm your body:



1. Use Buzzy: Consider using Buzzy, a vibrating tool that can help distract your mind from the poke.
2. Squeeze a Stress Ball: Holding a stress ball and giving it a squeeze can be a helpful distraction.
3. Take Deep Breaths: Practice taking slow, deep breaths to help relax your body.
4. Focus on Your Favorite Show or Video: Watch your favorite show or funny video during the poke.
5. Count or Sing: Counting or singing a favorite song in your head can be a good way to shift your focus.



What do you think you want to do?



Operating Room/"OR"



When the doctors are ready for your surgery, you can tell your parents, "See you soon!" You'll get to see them once your surgery is finished.

A friendly nurse will be there to help push your bed into the operating room, the special place where you'll get the sleep medicine and have your surgery.

In the operating room, you'll switch to a new bed with a warm blanket to help you get all cozy before your nap.

Monitors/Stickers



When you get in the new bed, the anesthesia sleep team will help put stickers on your chest to watch your heart during surgery.

You will also feel a blood pressure cuff around your arm. This might feel like a tight squeeze.

And you will also get a light-up bandaid on your finger to measure your oxygen.

Falling Asleep for Your Surgery

- When it is time for your surgery, the anesthesia mask connects directly to a clear straw and a green balloon.
- When you breathe into the mask connected to the balloon, it helps your body breathe all of the sleep air and/or oxygen it needs for a comfortable nap during surgery.
- Remember **your only job** is to breathe into the mask!
- If you already have an IV in your arm, you will receive the rest of the anesthesia medicine through your straw to help your body fall asleep
 - The anesthesia medicine often feels warm or “spicy” when it travels through the straw as your body is falling asleep



While you're drifting off to sleep with the sleep medicine, there are plenty of things you can do to keep your mind busy. You can maybe listen to your favorite song, play with a stressball/fidget, count down from 10, or watch a funny video.



What do you think you want to do?

Waiting Room



While you're asleep for your surgery, your parents/caregivers will be waiting just outside the operating room in the waiting room. As soon as your surgery is done, they'll be back with you in no time.



Recovery Room

When your surgery is all done, the doctors will turn your sleep medicine off and you'll wake up in the recovery room.

A nurse will be there to help take care of you and make sure you are comfortable, and your parent or caregiver will join you there, too.

Sometimes, your throat might feel a bit sore or scratchy, and you might feel a tad confused. No worries – that's normal and usually goes away after 20-30 minutes.



Preparing for Home

You'll also get to enjoy a popsicle or some crackers before it's time to head home. It's like a little treat to celebrate being brave during your surgery!



Before you leave, the nurse will help unwrap/take the IV straw out of your arm that was helping give your body a drink/medicine. This part does not hurt, the tape just sometimes can feel a little extra sticky/uncomfortable. Sort of like when you pull a bandaid off that's been on too long!