

SURGERY AT HIGHLAND PARK 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

When you get to the surgery registration area, check in with the desk staff. After you check in, my parents and I will be escorted to the check-in room where you will meet the rest of your care team.

Pre-Op Area/Meet & Greet Room

My nurse will help check me in by checking my temperature, height/weight and listening to my heart/lungs with a stethoscope. I will also change into a gown and get a special ID bracelet with my name and birthday.

Next, I will meet the rest of the team that consists of my surgeon, nurse, anesthesiologist/sleep doctor, and a child life specialist who will help answer any questions relating to my surgery.

I will see my surgeon whose job is to help a part of my body and meet an anesthesiologist (sleep doctor) whose job is to give my body sleepy medicine (anesthesia) during my surgery. I will sometimes meet with a child life specialist whose job is to make sure I am feeling comfortable, having fun and helping me with any worries I may be feeling.



Sleep Mask Scent!

Next, I get to choose a special scent for my sleep medicine. I can choose from a variety of chapstick flavors, I choose on a mixture of fruit punch and blue raspberry!



Operating Room/"OR"



When the doctors are ready, I tell my parents "see you soon!" I will see them when my surgery is finished. A nurse helps push my bed into the operating room where I have my surgery.

This is where I will get the sleep medicine and where my surgery will take place. I will move to a new bed with a warm blanket to help me get comfortable before my nap.

Monitors/Stickers



- I will have stickers placed on my chest to count my heartbeat during surgery.
- I will feel a tight squeeze from the blood pressure cuff on my arm.
- I will get a light-up bandaid on my finger to help measure my oxygen.

Anesthesia/ Sleep Medicine

Next, the sleep doctor will help place the anesthesia mask over my nose/mouth to help me fall asleep for my surgery.

The mask connects to a long straw (kind of looks like a pop tube) & a balloon!

I remember that my only job is to breathe like I normally do while I watch a show or play a game.



While I am falling asleep, there are many things I can do to help keep my mind busy!



Fidgets, play a game, virtual reality, or watch a show!

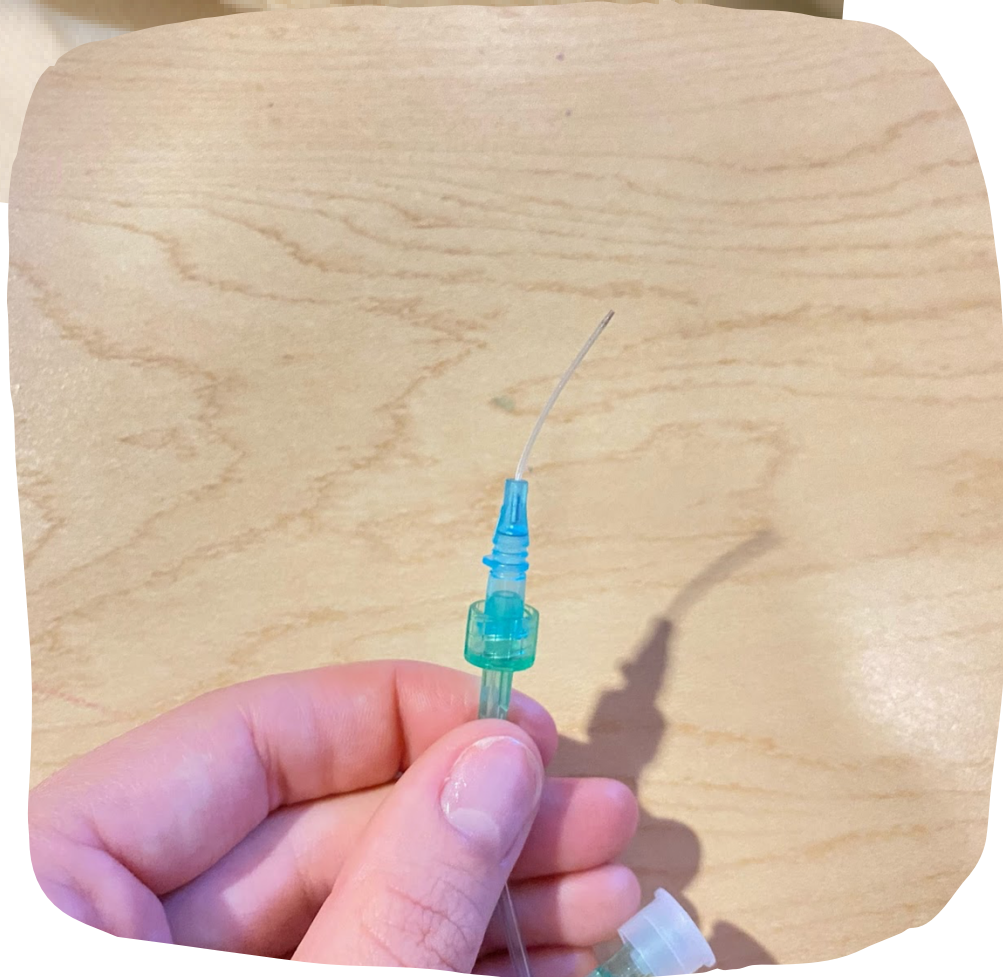


Recovery Room and Preparing for Home

When my surgery is finished, I wake up in the recovery room. A nurse will be there to take care of me and I will also be with my parent/caregiver, too.

Some kids say that their throats might feel a little sore/scratchy and I may feel confused. This is normal and usually goes away after 20-30 minutes.

I will then get to eat a popsicle or some crackers before it is time to go home.



"IV" straw!

When I wake up from my surgery I may have a little straw in my arm or hand called an "IV". This straw helps to give my body water and medicine. This straw is soft and bendy, does not hurt and the nurse will help remove the straw before it is time for me to go home.





Time to go home!

After the recovery room, I will go to another room with my parent/caregiver and continue eating and drinking while the nurses help monitor me to make sure I feel back to normal. When the nurses and doctors say I am ready, it will be time for me to go home!

Great job today!