

Surgery Date: _____

Arrival Time: _____

Surgery Time: _____

Your child is scheduled for surgery.

At Inova Children's Hospital, we understand how important this is to both you and your child. Knowing more about the procedure and the hospital stay will help you prepare.

This booklet offers suggestions on how you can prepare and provide support to your child for surgery. It also offers information given to you by your doctors, nurses and other healthcare team members.

Thank you for choosing Inova Children's Hospital!

We are committed to providing excellent care to you and your family.



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Before Surgery

Contacting Your Child's Surgeon

Please contact the surgeon's office if you have any questions about the date and time of your child's surgery or the presurgical instructions. It is important to notify your surgeon if there is any change in your child's health before surgery.

Presurgical Tours

Our Child Life Specialist can provide a individualized presurgical tour for you and your child to help ease anxiety about his or her upcoming hospital experience. During the tour, you will meet the hospital staff, visit the preoperative waiting areas, the operating room (if available and appropriate), and other areas you may see on the day of surgery. If your child will be staying overnight in the hospital, you may also be able to tour the pediatric unit (which includes a patient room, the nursing station and playroom).

This is an excellent way to help your child learn about the process and adjust to the environment. Your child will have the opportunity to see, hear and touch medical equipment, ask questions and meet friendly staff. The Child Life Specialist will also provide hands-on, age-appropriate preparation for your child so they know what to expect. To schedule a presurgical tour, please call the Peri-operative Child Life Specialist at **703.776.3906**.

Presurgical Phone Interview

After your child's surgery has been scheduled, (usually 24 - 48 hours after the office visit), a member of the Presurgical Services Patient Liaison Team will call to help you schedule the presurgical interview.

All patients receiving anesthesia must have a preoperative assessment interview via telephone. This interview is conducted by a presurgical services nurse. The patient liaison will assist you with:

- Scheduling the preoperative phone interview at your convenience. This interview may last 30 minutes or longer. Appointments are available from 7 a.m. - 6:30 p.m., Monday through Friday and 8 a.m. – 3 p.m. on Saturdays.



- Assuring accuracy and safety by verifying your child's name, date of birth, date of surgery and surgeon's name.
- Reviewing any preoperative testing orders your child may have to determine approved testing locations for your insurance carrier.
- Providing instructions and log-on information for *My Chart*, a personal health record you can use at home to view and manage your child's medical information. *My Chart* allows you to record and update medications, allergies, physician names and health history in a secure electronic medical record format. Entering this information will shorten the time needed for the phone interview.
- Providing a contact name and phone number to help you with any issues or concerns during your child's surgical experience at Inova Children's Hospital.

Financial Arrangements

Most health insurance policies have a coinsurance clause, a co-pay, and/or a deductible, which are the amount(s) not covered under insurance that you are required to pay toward your bill. We will try to contact you before your phone interview to let you know what your cost may be, however if we can't reach you, you should still be prepared to pay any applicable coinsurance, co-pay and/or deductible over the phone or when you check-in on the day of surgery. If you need to set up payment arrangements for your upcoming visit, please call **703.750.8848**. Upon your child's discharge, if you need assistance regarding your bill, please contact our Patient Accounts Customer Service department at **571.423.5750**.

In addition to the hospital bill, you will receive a bill from your child's surgeon, anesthesiologist and any other treating physician involved in your child's care during his or her hospital visit. If you have any questions regarding these bills, please contact their offices directly.

How Do We Prepare for Surgery?

Food and Drink

- The table in this section outlines the required NPO guidelines you should follow based on your child's age. NPO means "Nothing by Mouth," including food, chewing gum and liquids. **If your child should eat or drink within the required fasting period, the surgery may be postponed or rescheduled.** For safety reasons, anesthesia cannot be given unless your child has an empty stomach.
- If your child takes medication, you will be given specific instructions whether to give the medicine the morning of surgery.
- If you have any questions regarding NPO requirements, please contact your child's physician, nurse or other healthcare team member. Our team has a commitment to explain our procedures in order to provide excellent care for your child.

NPO Guidelines

Types of Liquid or Food	Do Not Drink or Eat
Clear Liquids	4 hours before test or procedure
Breast Milk	6 hours before test or procedure
Infant Formula *	8 hours before test or procedure
Non-human Milk	8 hours before test or procedure
Solid Food	Nothing after midnight

Examples of clear liquids include water, clear fruit juice without pulp (please, no orange juice), popsicles, carbonated beverages, clear broth, clear tea. Unless instructed otherwise, patients should take all routine medications with sips of water.

** Please do not add cereal to your child's formula.*

Other Preparations

- Only two parents/caregivers may accompany your child. **Please make alternate care arrangements for siblings.**
- Bathe your child the night before or morning of surgery. You may be asked to use a special soap the evening before surgery to help prevent infections. Place your child in clean clothes and sleep on clean sheets. Do not use any lotions, colognes, powders, deodorant or hair products.

How Do I Talk to My Child About Surgery?

When children do not understand a procedure, they might assume the worst and hold secret fears about what might happen. Many fear that surgery will hurt or that they will not wake up from the anesthesia. By explaining the procedure appropriately to your child, you may calm these fears and decrease your child's anxiety.

There are other ways to get ready so that your child feels as comfortable as possible. These methods vary depending on your child's age and experience. Remember to give honest, simple explanations. If you don't know the answer, it is okay to say "I don't know, but I will find out."

Infants and Toddlers (ages birth – 2 years)

On the day of surgery, it is most important that you remain your child's greatest source of comfort. Continue to hold and comfort your child while staff is setting up. While you are waiting for your child's surgery, you may want to bring a favorite book, blanket, stuffed animal or toy.

Pre-schoolers (ages 3 – 5 years)

During the days leading up to your child's surgery, you may want to talk about going to the hospital and what your child can expect to see there. Read books about the hospital and bring the hospital into daily play (doctor kits, adhesive bandages, etc). You will find recommendations for books and other resources at the end of this booklet. You can emphasize that your child's surgery is the best way for the doctors to help your child feel better or to help something in their body. Be sure to tell your child that it is not their fault and that surgery does not happen because of something they did wrong.

School-aged children (ages 6 – 12 years)

School-aged children are concerned with sensations they will feel and the sequence of events they may experience. Explain that your child's anesthesiologist will make certain they does not wake up during surgery and that they will not feel anything. For example, "The doctor will give you a mask to help you fall asleep. The mask goes over your nose and mouth, and can feel squishy. After some deep breaths, you will be asleep!" Talk about how this surgery may change their appearance, if applicable, explaining bandages, tubes, casts, etc.

Teens (ages 13 -19 years)

Teens are concerned with privacy, anesthesia's effectiveness, and how a surgery may change their appearance. You can be supportive by encouraging expression of these concerns and reassuring your teen.



How Will My Child Receive Anesthesia?

The anesthesiologist will determine the safest method of anesthesia medicine for your child's surgery/ procedure. Typically, children younger than 10 years old will receive general anesthesia by breathing through a mask. When your child is asleep, an IV (intravenous line) will likely be placed to administer additional intravenous medications as well. Older children and teenagers typically have an IV started in the pre-operative area. The IV form of anesthesia requires a small catheter to be inserted into your child's vein, usually in the arm or hand; there are pain management options available to help reduce possible discomfort that your child may experience.

At Inova Children's Hospital, we believe that as parents and caregivers, you play a significant role in your child's coping during the surgical experience. **The final decision about whether a parent may accompany a child into the operating room will be made by your child's anesthesiologist.** In most cases, children that fall asleep

with a mask are permitted one parent to accompany them to the operating room. Certain circumstances that do not allow a parent to be present during the induction include children:

- Younger than 12 months of age
- Heavily sedated from any premedication
- Whose mother or caregiver is currently pregnant (for the purpose of avoiding unnecessary exposure to the anesthesia medicine)
- Who prefer not to have a parent or caregiver accompany them to the operating room

Parental presence is an individual choice; if you do not feel comfortable accompanying your child to the operating room or feel unable to remain calm enough to support your child, please let us know. Our staff is dedicated to providing your child with the highest quality of comfort and care.

How Do I Talk to my Child About Anesthesia?

With anesthesia, some children may fear losing control or dislike the sensation of having a mask on their face. It is important to explain that your child will be able to breathe with the mask on, even though it may feel and smell strange. Explain to your child that receiving anesthesia is not the same as falling asleep at night or taking a nap; this kind of sleep is controlled by medicine, not from being tired. The anesthesiologist, or "sleep medicine doctor," is there to make sure they are asleep the entire surgery and not feeling anything the surgeon is doing. Emphasize that they will wake up after their surgery when the anesthesiologist stops giving the sleep medicine.

It may be helpful to make a plan with your child before coming to the hospital. By allowing them to choose what they would like to do while waiting for anesthesia and then receiving it, your child will likely feel more in control of their situation and their emotions.

Day of Surgery

What Should We Bring to the Hospital?

In order for the day to go smoothly and to make your child feel comfortable, please bring the following items with you on the day of surgery:

- Driver's license
- Insurance card
- Child's social security number
- List of your child's current medications
- A container for glasses or contact lenses. If your child wears contacts, please consider using glasses on the day of surgery.
- Any paperwork such as history and physical done by your pediatrician, or lab results
- Comfort items such as favorite stuffed animal or blanket
- Favorite books or quiet toys

How Do I Get to the Hospital?

On the day of surgery, **please arrive two hours before the scheduled surgery time.** A map and directions to the hospital are listed in the back of this booklet. Enter the hospital campus from Woodburn Road via Wellness Boulevard. Turn right into the Inova Surgery Center circular driveway to valet park. You will receive a parking validation after your child's surgery so you will not have to pay for parking.

Enter the Inova Fairfax Hospital Surgery Center and check in at the Registration Desk. The registration staff will give you a pager that will be used to notify you when your child's surgery is finished.

Following surgery, if your child requires an overnight stay, you may park in the GREEN garage, located closest to Inova Children's Hospital's entrance. Parking fee is \$5.00.

Who Will We Meet On the Day of Surgery?

Nurse - the nurse will meet you and your child in the pre-op area to do an assessment and get your child ready for surgery. A nurse will also be with your child after surgery in the recovery area.

Clinical Technician—the tech will assist the nursing staff in caring for your child.

Child Life Specialist—the Child Life Specialist may be available to help prepare you and your child for the surgery by showing pictures, using teaching dolls and basic medical equipment. They may also accompany your child back into the OR for additional support during the anesthesia induction.

Anesthesiologist—the Anesthesiologist's main task is to provide safe and optimal conditions during surgery and to make the entire experience as comfortable as possible. They will administer anesthesia medications, monitor your child's vital signs during the entire process, and administer pain medications as needed.

Certified Nurse Anesthetist—the Certified Nurse Anesthetist works with the Anesthesiologist to administer anesthesia medication and monitor your child's vital signs.

Surgeon—the Surgeon is the doctor who scheduled the surgery and will be conducting the procedure.

Surgical Resident—the Surgical Resident is a doctor who is in the training phase of education. Surgical Residents sometimes assist the Surgeon in procedures.

Operating Room Nurse—the OR Nurse works with the Surgeon to assist with the procedure. The nurse will introduce himself or herself before the surgery and answer any questions you have.



What Happens On the Day of Surgery?

Preoperative Area

When you arrive at the hospital, please check in at the Registration desk in the Surgical Waiting Room. Here, you will fill out some paperwork, and the staff will verify your child's name and date of birth.

The pediatric preoperative staff will bring you back to the pre-op area after you have registered. You will pass through a playroom and arrive at a station for assessment. There, a nurse or clinical technician will gather your child's height, weight, blood pressure, temperature, and pulse oxygen level. He or she will also verify your child's medical history, allergies, and surgical procedure. Next, we will have your child change into hospital pajamas. Younger children will then go back to the playroom. Older children may go to a private pre-op bay with a TV so that they are more comfortable.

During this time, a Child Life Specialist may be available to prepare your child for the experience. Child Life Specialists use pictures, teaching dolls, and medical props to teach children about anesthesia and surgery. They consider age, developmental level, past medical experiences, and level of anxiety to tailor a preparation session that is right for your child.

The anesthesiologist and surgeon will also meet you in the pre-op area to go over the surgical plan, obtain your consent, and answer any questions that you may have. The surgeon will mark the surgical site with a special marker to verify the procedure. During the entire process, staff will ask you and your child's name, birth date, and surgical procedure several times. This is done for the safety of your child.

The Playroom

Children and parents may enjoy playing with the toys and watching movies in the playroom. No unpleasant or painful actions will take place in that room. There are two private consultation rooms for private conversations with the surgical team. **Since children may not eat or drink before surgery, we ask that no food or drink be consumed in the playroom.**

The Operating Room

When it is time to go back to the operating room, the OR nurse and anesthesia provider will return to the pre-op area and conduct another safety check. If your child has an IV placed in the pre-operative area, the anesthesia provider may pre-medicate your child with relaxing medicine before going back to the operating room. Once in the operating room, the anesthesia provider will push medicine through the IV and your child will fall asleep within seconds. For this reason, parents generally do not go back to the OR when there is an intravenous line already in place.

If permitted to accompany your child to the operating room for a mask anesthesia induction, staff will assist you in getting dressed in your sterile outfit. In the operating room, you will be able to stand next to your child until they are asleep. Your child will need to take several deep breaths into the mask until they are completely asleep; it typically takes 30-60 seconds for your child to fall asleep. Some children may move involuntarily, cry, or make loud breathing sounds when they are receiving anesthesia. While this may be difficult to watch as a parent, please know that this is a normal reaction.

Speaking softly and calmly encouraging your child is the best way to support them as they fall asleep.

Here are other ways that you can support your child through the induction:

- Bringing your child's "comfort" item - such as a blanket, favorite stuffed animal, or toy for your child to hold
- Providing gentle touch - holding your child's hand, caressing their hair
- Speaking softly and calmly
- Providing reassuring and comforting words
- Encouraging your child to take slow, deep breaths into the mask and "blow the smell away"
- Talking about a favorite vacation or memory
- Singing your child's favorite song, reciting the ABC's
- Counting out loud

The Post Anesthesia Care Unit (PACU)

Once your child's surgery is finished, the anesthesia team will transport your child to the Post Anesthesia Care Unit (PACU), also called the "Recovery Room." This room is designed to be a child-friendly environment where children and teenagers wake up after surgery. Our team is committed to reuniting you with your child as soon as possible.

How Do I Help My Child With Pain?

Appropriate pain medications will be given based on your child's needs. Sometimes pain is not just from surgery, but can also occur from gas, muscle aches and other sources. It is our commitment to control your child's pain to keep him or her comfortable. You can also help your child by:

- Providing soft, comforting touch
- Speaking in a soft, soothing voice
- Positioning your child comfortably
- Encouraging your child to tell you or the nurse if or when they are feeling uncomfortable
- Listening to your child's cues and validating their feelings
- Holding or sitting with your child, when appropriate
- Using distraction techniques (singing, watching movies, bubbles)

- Helping your child self-soothe by guiding him or her through deep breathing
- Offering choices, where appropriate
- Encouraging your child to move and walk, when appropriate
- Allowing for adequate rest

If your child's surgeon has prescribed medications for home, a representative from Inova's on-site pharmacy will prepare and deliver the medications to your child's bedside. Discharge instructions will be printed and reviewed with you during the recovery phase. It is important that you follow these instructions from your child's surgeon; please contact the surgeon's office if you have any questions or concerns.

When your child is fully awake and recovered, a staff member will transport your child to your vehicle. If your child needs to stay in the hospital after the surgery, he or she will be taken to a room as soon as one is available. We strongly encourage one parent to stay overnight with your child to make the experience more normal and comfortable.

After Surgery

It is normal for some children to have behavioral reactions after a surgery or hospitalization. If you notice that your child's behavior is different from their baseline, understand that these changes are normal and temporary. Common changes might include regression (thumb-sucking or bed-wetting), a change in eating habits, a new need for more attention or affection, being afraid of the dark or going to sleep. Validate your child's feelings and offer emotional support. Reassure them and try to keep your routine as normal as possible. Having an ongoing conversation and allowing your child to express their feelings is the best way to uncover misconceptions and fears that your child may have. If behavioral changes persist, we encourage you to contact your pediatrician.

Contact Information

If you have any questions about the information in this booklet or about your child’s surgery, please contact us:

Department of Anesthesiology. 703.776.3138
Child Life 703.776.3906
Registration 703.776.5900
Pediatric Surgical Center. 703.776.4515

Preparation Checklist

Before Your Child’s Surgery, You Should

- Use simple, honest explanations and tell your child what will happen.
- Explain why your child is having surgery in simple, non-threatening words.
- Listen to your child’s questions and discuss them.
- Read books or stories about going to the hospital.
- Ask your child to pick out one or two comfort items to bring (blanket, stuffed animal, etc.)
- Only two parents/caregivers may accompany your child. Please make alternate care arrangements for siblings.

The Day of Surgery

- Remove all jewelry, including all piercings.
- Remove all nail polish and make-up. Do not use any lotions, colognes, powders, deodorant or hair products.
- Leave valuables at home.
- Bring a container for eye glasses or contact lenses. If your child wears contacts, please consider using glasses on the day of surgery.
- Bathe your child the night before or morning of surgery. You may be asked to use a special soap the evening before surgery to help prevent infections.
- If your child has long hair, braid it and secure it with an elastic band (no metal clips).
- Dress your child in comfortable clothes.

Resources

Reading books about the hospital not only familiarizes children with what they may experience, but also provides an opportunity for an open discussion about what may happen. Hospitalized children will experience many different feelings; assuring them that these different feelings are normal will encourage them to share openly with trusted family and caregivers. Addressing the same concerns like the characters in these books will also help ease fears.

General:

Bourgeois, Paulette. *Franklin Goes to the Hospital*.
Davison, Martine. *Rita Goes to the Hospital*.
Mantle, Stacy and Holden, Rene. *So, You’re Having Surgery!*
Scarry, Richard. *A Big Operation*.
Stein, Sara Bonnett and Kliman, Gilbert. *A Hospital Story: An Open Book for Parents and Children Together*.
Ward, Sally G. *The Anesthesiologist*.

Tonsils:

Gordon, Melanie Apel. *Let’s Talk About When You Have Your Tonsils Out*.
Hatkoff, Juliana Lee and Hatkoff, Craig. *Goodbye Tonsils*.
Hautzig, Deborah. *A Visit to the Sesame Street Hospital*.
Rogers, Fred. *Going to the Hospital*.

Ear Tubes:

Civardi, Anne. *Going to the Hospital*.
Dooley, Virginia. *Tubes in My Ears: My Trip to the Hospital*.
Lansky, Vicki. *Koko Bear’s Big Earache*.
Pace, Betty. *Chris Gets Ear Tubes*.

Facial Surgery:

Klass, Sheila Solomon. *Rhino*.

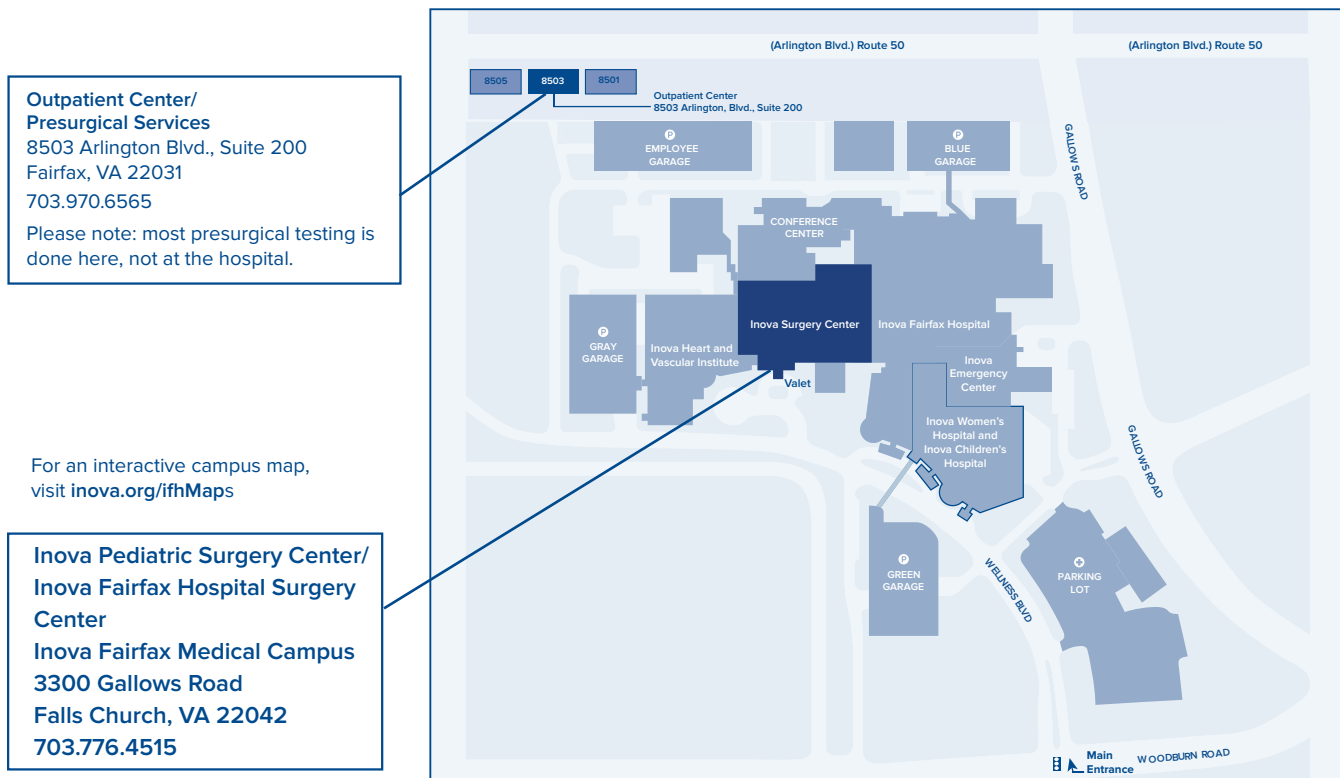
Eye Surgery:

Beaty, Monica Driscoll. *Blueberry Eyes*.

Web Sites

www.kidshealthgalaxy.com

www.asahq.org and type “How to Prepare a Child for Surgery” in the search box.



Directions to Inova Surgery Center

Via I-495 (Capital Beltway)

From the north (Tyson's)

Take Exit #51 Gallows Road/650. Stay left at the top of the ramp. Go straight at the light onto Woodburn Road. Turn right at first light on Wellness Boulevard. See parking directions.

From the south (Alexandria/Springfield)

Take Exit #51 Gallows Road/650. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left at second light onto Woodburn Road. Turn right at first light on Wellness Boulevard. See parking directions.

Via Rt. 50:

From the west (Fairfax): Exit onto Gallows Road/650. At the top of the ramp, bear to the right onto Gallows Road. Proceed on Gallows Road and turn right at the fifth light on Woodburn Road. Turn right at first light on Wellness Boulevard. See parking directions.

From the east (Washington/Falls Church): Pass under I-495 and exit onto Gallows Road/650. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn right at the fifth light on Woodburn Road. Turn right at first light on Wellness Boulevard. See parking directions.

Parking Directions on Campus

- On the day of the procedure, enter the hospital campus from Woodburn Road via Wellness Boulevard.
- Turn right into the Inova Surgery Center entrance for patient drop-off.
- Valet parking is available. Or self-park in the Gray garage on the right past the Surgery Center entrance. Valet and self-parking fee is \$5.00.
- Enter the Surgery Center and check in at the Registration Desk.

Kid's Page! My Surgery Plan



My name:

My age:

What my surgery is called:

The date of my surgery:

My doctors' names:

Here are some of my questions:

Q:

A:

Q:

A:

On the day of my surgery, this is who will be with me:

I am going to bring these things from home:

When I think about my surgery, I feel:

The best thing about having surgery is:

The worst thing about having surgery is:

This is what I would tell other kids about surgery: