

# Preparing for Your Child's Cardiac Surgery

Inova Children's Heart Center



## Your Child Needs Heart Surgery

The thought of any surgery can be scary, especially when it involves your child. At Inova Children's Hospital, we are not only dedicated to providing the best possible care to the children we treat, but also making sure both you and your child feel as comfortable and prepared as possible for treatment.

The information in this booklet answers many of the most common questions our team receives from families. You will receive more detailed information during your child's pre-operative visit.

In addition, a video providing an overview of the pre-operative visit and the day of surgery can be found at [inovachildrens.org/heart](http://inovachildrens.org/heart)

## Next Steps

1. A surgical cardiac navigator will reach out to set up an appointment in your surgeon's office.
2. You will meet with the surgeon and navigator to discuss the surgical plan and schedule the surgery date.
3. You will bring your child to a pre-operative surgical visit at Inova Children's Hospital 2-7 days prior to the surgical date. During this visit:
  - You will meet with the cardiac navigator and/or the surgical physician assistant.
  - Our team will take your child's medical history, perform a physical exam, draw labs, obtain a chest X-ray and EKG.
  - You will learn what to expect the day of surgery and during the hospital stay.
  - We will give you a tour of the surgery center and Inova Children's Hospital.

## Preparations for Your Child's Surgery

- Your child should remove all jewelry, including any piercings.
- Your child should remove all nail polish or make-up.
- Do not bring valuables to the hospital.
- Bring a container for eyeglasses or contact lenses. If your child wears contacts, consider using glasses during the hospital stay.
- Bathe your child the night before surgery, and use the CHG wipes as instructed and provided at your pre-operative appointment. Your child should sleep in clean pajamas and freshly washed bedsheets. Do not use any lotion, perfume, powder, deodorant or hair products after this bath. Use the CHG wipes again the morning of surgery. You do not have to bathe your child before the morning wipes.
- If your child has long hair, it should be pulled up and secured.
- Your child should wear comfortable clothes.
- You may bring a favorite toy or blanket that helps your child go to sleep or feel comfortable. Label it with your child's name. Wash blankets and toys before bringing them to the hospital.



## Preparing for Surgery

**Food and Drink:** The table below outlines the required NPO (nothing by mouth) guidelines you should follow based on your child's age. NPO includes any food or liquids, and any candy, gum or mints.

- You will be given specific instructions about whether to give your child any medicines they usually take on the morning of surgery.
- If you have any questions regarding NPO requirements, please contact your child's physician, nurse or other healthcare team member.

| Age                   | Solid Food/ Non-Clear                    | Clear Liquid                               | Breastfed                                | Formula                               |
|-----------------------|--|--|--|---------------------------------------|
| Younger than 6 months | No solid food for 6 hours before arrival | No clear liquid for 2 hours before arrival | No breastmilk for 4 hours before arrival | No formula for 6 hours before arrival |
| 6 – 36 months         | No solid food for 6 hours before arrival | No clear liquid for 3 hours before arrival | No breastmilk for 6 hours before arrival | No formula for 6 hours before arrival |
| 3 – 12 years          | No solid food for 8 hours before arrival | No clear liquid for 3 hours before arrival | N/A                                      | N/A                                   |
| Older than 12 years   | No solid food for 8 hours before arrival | No clear liquid for 4 hours before arrival | N/A                                      | N/A                                   |

## Questions Before Surgery

If you have questions before your child's surgery, please call the Cardiac Surgery Team at **703.776.6552** or the surgeon's office at **703.280.5858**. Visit [inovachildrens.org/heart](http://inovachildrens.org/heart) for more information.

## Day of Surgery

### Getting to the Hospital

On the day of surgery, follow the directions and map located in the back of this booklet.

Use the surgery center entrance where valet parking is available, or park in the GREEN garage, and walk across the street to the surgery center.

You will check in at the front desk in the surgery center.

On the days following surgery, please park in the GREEN garage, located closest to the hospital entrance with access to Inova Children's Hospital.

Parking is \$5 per day, but for immediate family, parking passes will be provided. A parking pass for 10 visits can be purchased for \$20 (\$2 per day) at the garage or in the hospital gift shop.

## Where to Go Before Surgery

Your child will be taken to the pre-operative area to be assessed and prepared for surgery by the pre-operative nursing staff. Your child will then be taken to the Operating Room (OR) by the OR staff. One parent is permitted to accompany their child until she or he falls asleep. This is determined on a case-by-case basis by the anesthesiologist.

When it is time to go to the OR, it is not uncommon for a child to want to stay with their parents as long as possible. Please know that our team is very experienced in comforting children during separation. To help make it easier:

- Use honest, gentle language with your child about what to expect.
- Let your child know where you will be waiting. Reassure your child that you will see her/him when they wake up.

## Waiting While Your Child Is In Surgery

Waiting for your child in the OR can be very stressful for parents. Remember, it is important to care for yourself first so you can take care of your child after surgery.

Some ideas for coping with your stress during surgery include:

- Eat a meal. There are several cafeterias located on the hospital campus.
- Take a walk through the hospital or the nearby area. It is okay to leave the hospital grounds, as the OR team will update you via cell phone.
- Talk with family members and friends.
- Designate one person you trust to update family and friends.
- Visit the non-denominational chapel at the hospital, or ask to meet with the hospital chaplain.
- Work on a project you enjoy such as knitting, puzzles or games.
- Bring a laptop or tablet. Free Wi-Fi is available.
- Listen to calming or meditative music.

## Duration of Surgery

The length of surgery varies with each child and depends on the type of procedure. Our team will provide an estimate, but it is important to remember that each child's case is unique and may take more or less time than originally planned. **Please do not schedule other appointments or activities for the day of surgery.**



## After Surgery

When the surgery is over, your child will be taken directly to the Cardiac Intensive Care Unit (CICU).

To get to the CICU, follow signs to the Inova Children's Hospital elevators. Take the elevator to the 8th floor, and wait for the surgeon to meet you. You will be able to see your child about an hour after he or she arrives in the CICU.

The next time you visit, follow the signs to the CICU. To enter, press the button on the gray box. The staff will release the door to allow you to enter. You will be asked to show an ID band, which will be applied when you arrive with your child the morning of surgery.

The CICU phone number is **703.776.6053**. Only parents with their child's numbered ID band will be given information over the phone. You will be asked for part of the number when you call.

## Staying with Your Child

You may stay with your child while she/he is in the hospital. Parents are welcome in the CICU 24 hours a day. There is room for one parent to stay the night with their child while in the CICU.

Two people may be present at your child's bedside at one time. All visitors must be over the age of 12.

You may eat and drink in the CICU, but please do not store food in your child's room. Parents can request a meal by asking their child's nurse.

There is a Ronald McDonald House located on the Inova Fairfax Medical Campus. It is open to parents and families of hospitalized children. Rooms are available based on space and other criteria. For more information about the Ronald McDonald House, contact the surgeon's office, social worker or the cardiac navigator.

### CICU and PIMC Visiting Hours

Parents: 24 hours a day

Visitors: 10 a.m.–8 p.m.

Friends and family of all ages may visit when your child transitions to Pediatric Intermediate Care (PIMC). Both parents may stay the night once their child transitions to PIMC.

## What to Bring

- You may want to bring a comfortable bathrobe, slippers or other personal items for your child to use during her/his hospital stay.
- Special toys, books for quiet play or videos/DVDs are good choices.
- To help your child cope with their hospital stay, request assistance from the Child Life specialists. These specialty-trained team members can help you and your child prepare for procedures through age-appropriate medical play and distraction techniques, as well as better understand what is happening through explanations and "normalization" of medical care. They can also provide coping techniques for any siblings during the hospital stay.

## Assisting Children with Pain

Each child feels pain differently, so we cannot know exactly how your child will feel. We use several types of medicines to help ease the pain. Sometimes pain is not just from surgery and can occur from sources such as gas, muscle aches, etc.

We ask that you help your child by informing the nurse when your child is in pain. You can also help your child by:

- Positioning your child comfortably
- Holding your child when able
- Stroking and softly touching your child while speaking softly
- Using distraction techniques such as playing, singing or watching movies
- Telling your child when you will and will not be at the hospital
- Offering choices, if possible
- Encouraging your child to move and walk
- Allowing for adequate sleep

Remember crying does not always mean pain — sometimes it means “I’m mad,” “I don’t like you” or “I want.” Sometimes crying is a good way to expand your child’s lungs after surgery.

### Helping Your Child During a Hospital Stay

Your role as a parent in the hospital can be different than your role at home. Immediately following surgery, your job is to support and love your child by speaking softly and gently comforting. You will not be able to pick your child up right after returning from the operating room (OR), but as soon as the medical team feels it is safe, you will be able to hold your child. As your child recovers, the cardiac team makes the daily plan based on your child’s status. You will be included in the daily decision-making process regarding your child’s recovery and are encouraged to participate in daily rounds.

Many parents find that during the post-operative recovery, both parents and their children may become withdrawn, isolated or depressed. This is very common after any major surgery or hospital stay. There are many hospital-based counseling resources available. Ask to speak with our Child Life specialist, your nursing staff or the cardiac navigator for these and other local resources.

### Transitions During the Hospital Stay

As your child progresses, he/she will be transferred to the Pediatric Intermediate Care (PIMC) Unit (South Wing) to complete his/her recovery. The nurses on this unit specialize in cardiac care. Moving from the CICU to the Cardiac Unit can cause some parents to feel anxious. There are new faces, the medical team members have different schedules, and nurses have a different nurse-to-patient ratio. This is a positive step in your child’s recovery.

### Caring for Your Child at Home

As your child is nearing discharge, the cardiac team will begin the teaching process to help you feel comfortable providing care at home while your child recovers. On the day of discharge, the nurse will provide you with written discharge instructions prepared by the entire team. It is important that you follow these instructions and any special instructions from your surgical team. Please contact your surgeon’s office if you have any questions after discharge home.



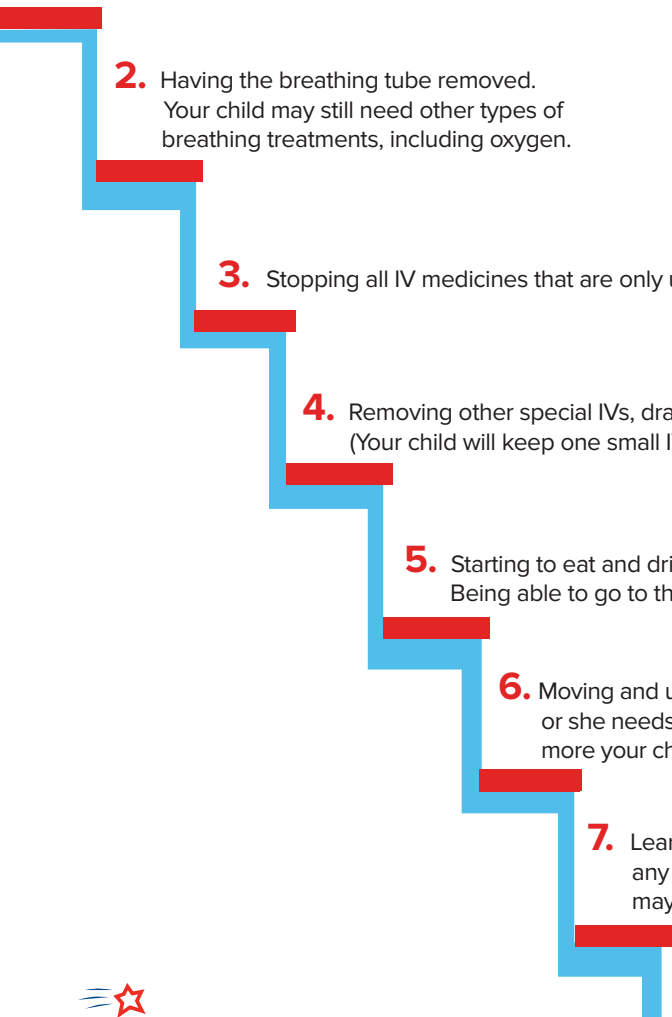
## Cardiac Recovery Goals

The journey you and your child take will not be easy, but our team will be with you every step of the way. The recovery and discharge goals your child must meet before leaving the hospital are very specific to help ensure the best overall recovery after heart surgery.

We know that knowledge of your child's progress in the days after surgery helps reduce stress and helps you plan confidently for life after leaving the hospital.

For this reason, we have developed a Cardiac Surgery Recovery Steps sheet so you and your child can have a visual progress report at the bedside at all times. Each time your child meets a goal, we will cheer and mark the sheet with a sticker or drawing until your child is ready to go home.

## Goals for Going Home

- 
- 1.** Having stable vital signs. Stability means a good heart rate, heart rhythm and blood pressure.
  - 2.** Having the breathing tube removed. Your child may still need other types of breathing treatments, including oxygen.
  - 3.** Stopping all IV medicines that are only used in the CICU.
  - 4.** Removing other special IVs, drains and wires placed during surgery. (Your child will keep one small IV in place until he or she is ready to go home.)
  - 5.** Starting to eat and drink regular food, formula and liquids. Being able to go to the bathroom normally.
  - 6.** Moving and using muscles normally. As your child recovers, he or she needs to be out of bed. We will help control pain, but the more your child moves, the more comfortable he or she will feel.
  - 7.** Learning from the doctors, nurses and specialists about any special care or new routines that you and your child may need at home.

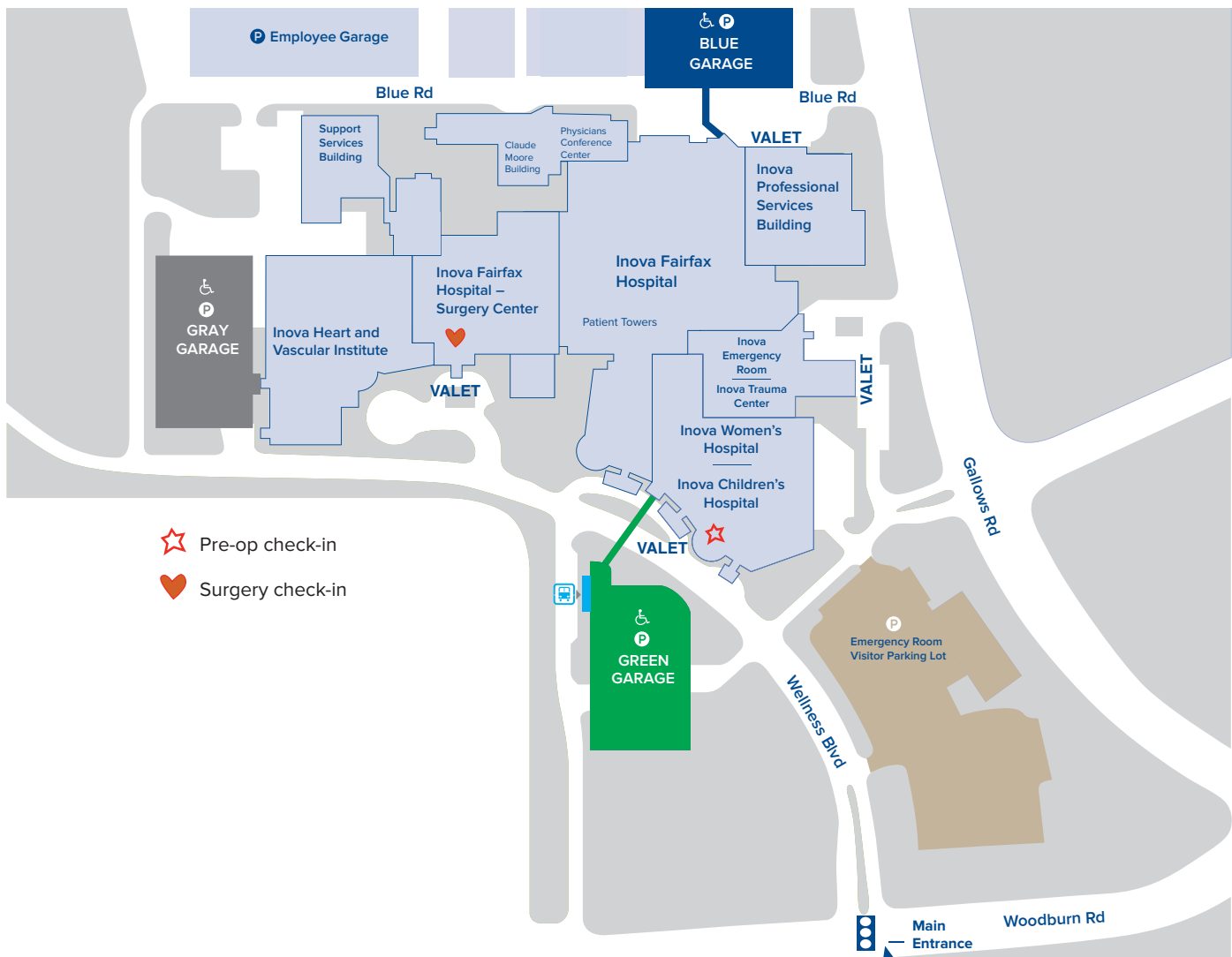
**Your child must complete Steps 1, 2 and 3 in the CICU.**



**After completing Step 3, your child's care team will decide if he or she is ready for the Cardiac Step-Down Unit.**

**Ready to go home!**



## Inova Fairfax Medical Campus - Ground Floor



-  Pre-op check-in
-  Surgery check-in

### Parking Information

Parking is \$5 per day. However, while your child is in the hospital, we will provide parking vouchers for immediate family members. On the day of surgery, enter the hospital at the surgery center entrance, and check in at the Registration Desk. While your child is in the hospital, she/he will always be in Inova Children's Hospital, and you should use the GREEN garage and enter the hospital via the skywalk. If you have questions or difficulty finding your way, Inova greeters (wearing red jackets) can be found throughout the hospital. These greeters or any Inova team member can provide assistance in helping you find your way.

### Financial Arrangements

Most health insurance policies have a coinsurance clause, copay and/or a deductible, which are the costs not covered under insurance that you are required to pay toward your bill. We will try to contact you by phone to let you know what your costs may be. If you need to set up payment arrangements for your upcoming visit, call **703.776.6019**.

In addition to the hospital bill, you will receive a bill from your child's surgeon, anesthesiologist and any other treating physicians involved in your child's care during her/his hospital stay. If you have any questions regarding these bills, please contact the doctor(s)' offices directly.

## Notice of Non-Discrimination

As a recipient of federal financial assistance, Inova Health System (“Inova”) does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, national origin, sex, disability or age in admission to, participation in, or receipt of the services or benefits under any of its programs or activities, whether carried out by Inova directly or through a contractor or any other entity with which Inova arranges to carry out its programs and activities.

This policy is in accordance with the provisions of Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, Section 1557 of the Affordable Care Act, and regulations of the U.S. Department of Health and Human Services issued pursuant to these statutes at 45 C.F.R. Parts 80, 84, 91 and 92, respectively.

Inova:

- Provides free aids and services to people with disabilities to communicate effectively with us such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats and other formats)
- Provides free language services to people whose primary language is not English such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, please let our staff know of your needs for effective communication.

If you believe that Inova has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance by calling 703.205.2175. You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Patient Relations staff is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Ave., SW  
Room 509F, HHH Building  
Washington, DC 20201  
1.800.868.1019, 800.537.7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>





# Interpreter Services are available at no cost to you.

Please let our staff know of your needs for effective communication.

|                    |   |
|--------------------|---|
| <b>Spanish</b>     | Atención: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Por favor infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.   |
| <b>Korean</b>      | 알려드립니다: 귀하가 한국어를 구사한다면 무료 언어 도움 서비스가 가능합니다. 효과적인 의사전달을 위해 필요한 것이 있다면 저희 실무자에게 알려주시기 바랍니다.   |
| <b>Vietnamese</b>  | Chú ý: Nếu quý vị nói tiếng Việt, dịch vụ hỗ trợ ngôn ngữ có sẵn miễn phí cho quý vị sử dụng. Xin vui lòng thông báo cho nhân viên biết nhu cầu của quý vị để giao tiếp hiệu quả hơn.   |
| <b>Chinese</b>     | 注意: 如果你說中文, 可以向你提供免費語言協助服務。請讓我們的員工了解你的需求以進行有效溝通。  |
| <b>Arabic</b>      | انتباه: إذا كنت تتحدث العربية، تتوفر الخدمات المجانية للمساعدة في اللغة. يرجى إعلام فريق العمل باحتياجاتك من أجل الحصول على عملية تواصل فعالة.  |
| <b>Tagalog</b>     | Atensyon: Kung nagsasalita ka ng Tagalog, mayroong magagamit na mga libreng serbisyonang tulong sa wika para sa iyo. Mangyaring ipaalam sa aming mga kawani ang iyong mga pangangailangan para sa epektibong komunikasyon.                                      |
| <b>Farsi</b>       | توجه: اگر به زبان فارسی صحبت می کنید، تسهیلات زبانی به صورت رایگان برای شما فراهم خواهد بود. به منظور برقراری ارتباط موثر، کارکنان ما را از نیازهای خود مطلع کنید.  |
| <b>Amharic</b>     | ታከራት: አማርኛ የሚናገሩ ከሆነ ለእርስዎ የቋንቋ ድጋፍ አግልግሎቶች ከክፍያ በነጻ ይቀርብልዎታል። ውጤታማ የሆነ ኮሚዩኒኬሽንን የሚፈልጉ ከሆነ ሰራተኞቻችን እንዲያውቅ ያድርጉ።   |
| <b>Urdu</b>        | توجه: اگر آپ اردو بولتے ہیں تو، زبان امداد خدمات، مفت میں، آپ کو دستیاب ہیں۔ موثر مواصلت کے لیے برائے مہربانی ہمارے عملہ کو اپنی ضروریات کے بارے میں بتلا دیں۔  |
| <b>French</b>      | Attention: Si vous parlez Français, des services d'aide linguistique vous sont proposés gratuitement. Veuillez informer notre personnel de vos besoins pour assurer une communication efficace.   |
| <b>Russian</b>     | Внимание: Если вы говорите на русском языке, для вас доступны бесплатные услуги помощи с языком. Для эффективной коммуникации, пожалуйста, дайте персоналу знать о ваших потребностях.  |
| <b>Hindi</b>       | कृपया ध्यान दें : यदि आप हिन्दी बोलते हैं, तो आपके लिए निःशुल्क भाषा सहायता सेवा उपलब्ध है। कृपया प्रभावी संचार-संपर्क हेतु अपनी आवश्यकताओं के बारे में हमारे कर्मचारियों को बताएं।   |
| <b>German</b>      | Achtung: Wenn Sie Deutsch sprechen, stehen kostenlose Service-Sprachdienstleistungen zu Ihrer Verfügung. Teilen Sie unserem Team bitte Ihre Wünsche für eine effektive Kommunikation mit.   |
| <b>Bengali</b>     | দৃষ্টি আকর্ষণ করুন : আপনি যদি বাংলা বলতে পারেন, তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা সেবা পাওয়া যাবে। অনুগ্রহ করে কার্যকরী যোগাযোগের জন্য আপনার প্রয়োজনীয়তার বিষয়ে আমাদের কর্মীদের জানান।   |
| <b>Kru (Bassa)</b> | Tò Dùù Nòmò Dyíin Cáo: Ɔ jù ké m̀ dyi Gòdǝ̀-wùdù (Básǝ̀-wùdù) po ní, níí, à bédé gbo-kpá-kpá bó wuɖu-dù kò-kò po-nyò b̃é bìi ñ à gbo bó pídyi. M̀ dyi ɖe d̀ò m̀ ñ à gbo ní, m̀ me nyue b̃é à kùà-nyò b̃é k̃é dyi dyuò, ké à kè mò kè mue jè c̃èin nòmò dyíin. |
| <b>Ibo</b>         | Nrụbama: Ọ bụrụ na ị na asụ Igbo, ọrụ enyemaka asụsụ, n'efu, dịrị ị. Biko mee ka ndị ọrụ anyị mara mkpa ị maka nkwekọrịta ga-aga nke ọma.   |
| <b>Yoruba</b>      | Akiyesi: Bi o ba nsọ Yoruba, awọn iṣẹ iranilọwọ ede wa l'ofẹ fun ọ. Jọwọ jẹ ki ara ibiṣẹ wa mọ nipa awọn aini rẹ fun ibaraenisọrọ ti o munadoko.  |



## Driving Directions

### 50 West from DC or Arlington

Pass under 495, and use exit 650/Gallows Road. Bear left off exit, and turn left at the light onto 650/Gallows Road.

### 50 East from Virginia

Proceed to 650/Gallows Road exit. Turn right onto Gallows Road.

### 95 North from Virginia

Proceed to Exit 170B, 495 North. Take Exit 51, 650/Gallows Road. Turn left at the light onto Gallows Road.

### 66 West from DC or Arlington

Proceed to Exit 64, 495 South. Take Exit 51, 650/Gallows Road. Bear right off exit, and proceed to the left lane on Gallows Road.

### 66 East from Virginia

Proceed to Exit 64, 495 South. Take Exit 51, 650/Gallows Road. Bear right off exit, and proceed to the left lane on Gallows Road.

### From Gallows Road

Turn into the GREEN hospital entrance, and drive to the GREEN Garage.

