

My Visit to Children's Hospital Of Pittsburgh

Same Day Surgery Photo Preparation Book



For Caregivers/Parents

This preparation book is designed to help you and your child know what to expect on the day of surgery. This book was written for different ages and children come to the hospital for different reasons, so some sections may not apply to your child. Please feel free to read this first and select the pages you think will help your child the most. You know your child best.

We hope you keep in mind that:

- Having an elective surgery provides you with a chance to appropriately prepare your child for surgery, which can reduce anxiety, clear up misconceptions, familiarize the child with the surgery process, and provide them with a chance to ask questions.
- Children need to know why they are having their surgery in age appropriate language, ex: Tonsillectomy = constant sore throat or sleep apnea.
- Ensure them that there is nothing they did wrong to make them have surgery. We do not want to have your child feel guilt for medical necessity.
- Prepare yourself before preparing your child. Children can pick up on parental anxiety. The more educated you are, the more you will be able to best support your child.
- Find the right time. Children need preparation in advance to give them time to process the concept of surgery. Some kids may need more time than others.

Helping Your Child Prepare for Outpatient Surgery

<https://www.chp.edu/for-parents/before-your-childs-visit/outpatient-surgery/helping-prepare>

My name is _____. I will go to Children's Hospital of Pittsburgh to have my surgery. Doctors do surgery to fix, check, or help a part of the body.



When I come to the hospital, I will take the grape elevators to the 4th floor and wait in the waiting room.

A Patient Care Technician (PCT) will take me and my adult to the vitals room. My PCT will check my:



Height and Weight



Blood Pressure



Temperature



Breathing



Heartbeat



Next, my PCT will take me to my "Get Ready Room". Here I will:



Wear my hospital pjs



Wear a wrist band



Clean my body with special wet wipes



Then, I will meet my nurse and doctors.



A child life specialist can bring me toys to play with!

When it is almost time to have surgery, I will drink a pink drink nicknamed "silly juice" or "brave juice"*



Should I take my silly juice out of a cup or syringe?

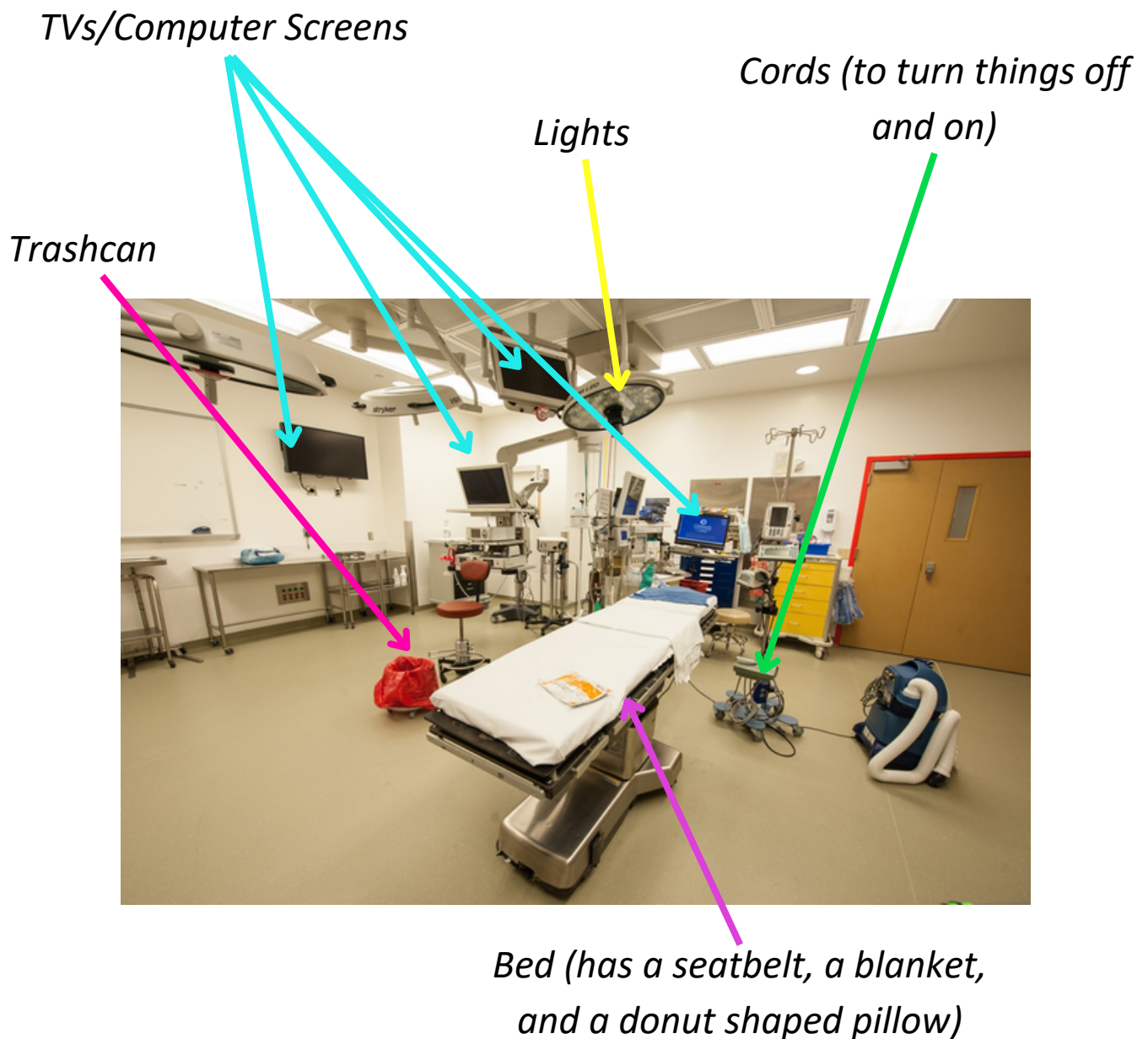


Once I have my silly juice, I will stay in my bed with the railings up. This is because my legs may feel wobbly!

**Versed is optional and should be discussed with your medical team.*



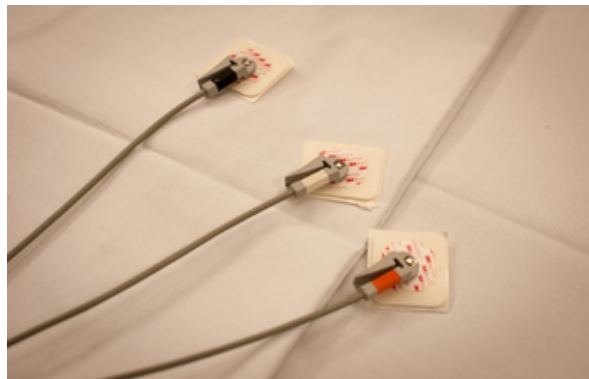
When it is time for me to go to my surgery, my doctors will drive my bed down this penguin hallway. About halfway down the hallway, I will say, "See you later!" to my grown ups.



Then I will go to the room where doctors do surgery to help kids. Doctors only do surgeries once children have a special sleepy medicine called anesthesia.

Anesthesia makes it so I do **not hear, see, or feel anything.**

After laying on the bed, the doctors and nurses will put these special helpers on my body:



EKG stickers



A blood pressure cuff



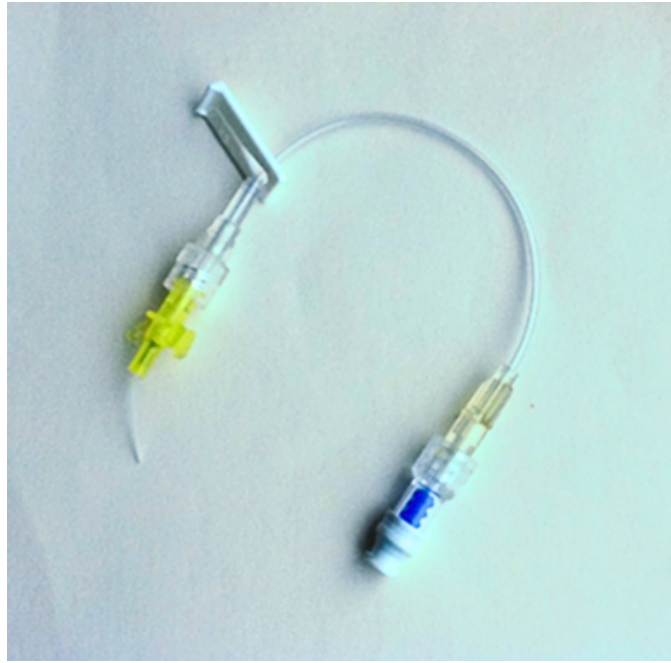
A pulse-oximeter (or pulse-ox).



I will breath the sleepy medicine through a mask that goes over my nose and mouth. My job is to take deep breaths and hold still. I will take a nap.

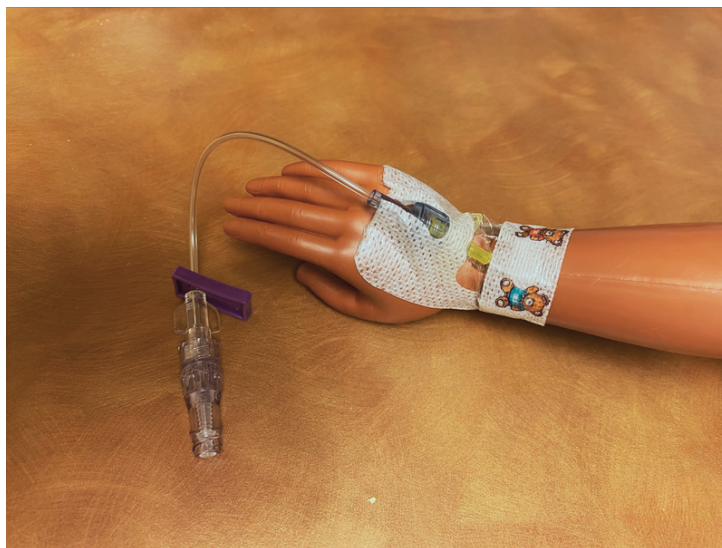


I get to pick the smell of my mask!



Sometimes, my anesthesiologist will decide it is safer to have my sleepy medicine through an IV.

An IV is a small plastic straw that gives my body drinks of medicine or water.





After my surgery, I will wake up in the, "Wake up room". My grown-ups, nurses, and doctors will be there.

I will also get a slushie or popsicle!

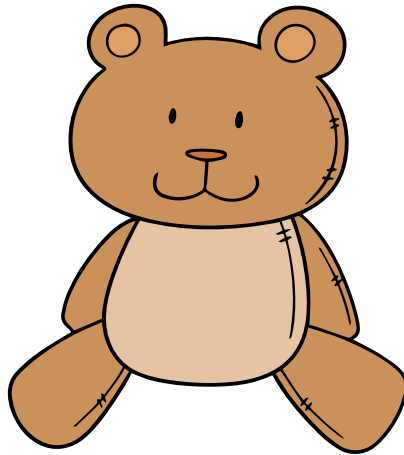


When I wake up, I will have a tiny flexible straw in my hand, arm or foot called an IV. This is there to help if my body needs a drink or medicine.



Before I go home, I will go to the second "Wake up room" with my grown-ups. My nurse will tell me when I am able to leave.

My "Don't Forget" List



I can bring my favorite stuffed animal, blanket, or other favorite item the day of surgery. It's okay if I do not bring anything because the hospital has lots of toys!

If I have questions, I will ask them! I will also write or have a grown-up write my questions, so I don't forget to ask them when I get to the hospital.

My grown-ups will call a child life specialist before surgery if they have questions or need more information before my surgery: 412-692-6364.