

# Getting Ready *for Outpatient Surgery*

at Children's North Ambulatory Surgery Center

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*A handbook for parents before, during and after your child's surgery.*





DEAR PARENT OR GUARDIAN,

UPMC CHILDREN'S HOSPITAL OF PITTSBURGH is pleased to offer you and your child a wide array of diagnostic and surgical procedures at Children's North ambulatory surgery center.

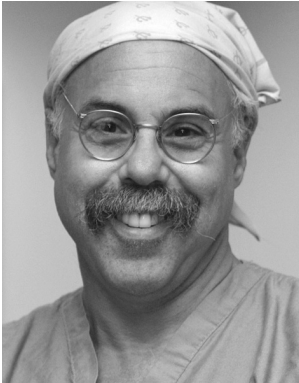
Remember, any procedure that involves anesthesia or sedation requires the skills of highly trained health care professionals, and your assistance and understanding as a parent or guardian.

This booklet is intended to answer questions that you and your child may have before, during and after your child's surgery. Please keep it handy until after your child's surgery, and feel free to call us with any questions at 724-933-3700, Option 2.

Thank you!  
Children's North  
Ambulatory Surgery Center  
Ph: 724-933-3700, Option 2  
Fx: 724-933-3741  
Information Line (pre-recorded): 724-933-3777

# A Message From Peter Davis, MD

## Chief of Pediatric Anesthesiology



*Peter J. Davis, MD  
Chief, Department of  
Pediatric Anesthesiology*

### Parental Presence at Induction

UPMC Children's Hospital of Pittsburgh is dedicated to the concept of family-centered care. As a result, parental presence at induction of anesthesia (PPI) is offered to reduce the stress and anxiety of children. A child who will benefit from having his or her parent present at the time of induction of anesthesia may have one parent accompany him or her to the operating room. Only one parent/care provider may accompany the patient to the operating room. For sterility purposes, this parent/child care provider will be asked to wear a special one-size-fits-all jumpsuit, as well as a hair covering. Both the jumpsuit and hair covering may be taken off and discarded after the parent/child care provider leaves the operating room. A parent may accompany the child as long as the child's condition allows and as long as the anesthesiologist agrees. In general, patients undergoing emergency surgery, patients who are extremely ill, and patients heavily sedated from their pre-medication will not be eligible to have PPI.

### What To Expect During Induction

Anesthesia can be started with either your child breathing through a mask (no shots, no needles), or through an intravenous (IV) catheter. (This requires a needle to insert the IV catheter, and it is done with your child awake.) When anesthesia is given through an intravenous catheter, children fall asleep in seconds. When children are given anesthesia through a mask, it generally takes 60–90 seconds before the child is asleep. When going to sleep with a mask, some children will try to remove the mask, struggle and become combative as they go to sleep. Sometimes they cough or gag, snore, cry, or complain about the smell of the mask. Frequently, they will say that they cannot breathe. This is a common response to placing a mask over one's nose and mouth. After about 60–90 seconds, the child usually has fallen asleep and becomes limp and non-responsive. Once your child is asleep, the nurse in the operating room will guide you back to the parent waiting area.

As a parent, watching your child undergo anesthesia can be uncomfortable. However, there are ways you can help your child. It is important to remind your child you are there. You can hold your child's hand, caress his or her hair and face, or talk or sing to your child. Your voice can be very reassuring.

It is important to remember:

- Even with parents present, the operating room can be a scary place. Consequently, children frequently get upset even if you are there.
- PPI is for your child. Thus, your child's safety is our primary concern. If you are asked to leave the room, you must do so quickly. The medical staff needs to focus its attention on your child.
- If you, the parent, feel uncomfortable being in the operating room, your child can sense your concern. For PPI to be helpful for your child, you need to remain as calm and trusting as possible.

Thank you for your cooperation.



## Getting Ready — The Weeks Before

There are many things you can do to help prepare yourself and your child for admission for outpatient surgery at Children’s North ambulatory surgery center.

- Follow the “under-the-weather” policy. Call the surgeon’s office if your child has a fever or flu-like symptoms the day before surgery. If your child has been exposed to a contagious disease such as chicken pox, measles, mumps, impetigo or lice up to three weeks before the surgery, call the surgeon’s office.
- Do not plan any other activities for the day of your child’s surgery.

### Medications & Child Care

- Do not allow your child to have any aspirin or ibuprofen for at least two weeks before the surgery. This includes Motrin®, PediaProfen®, Advil®, Bayer® children’s aspirin, Aspergum®, Pepto-Bismol® and Alka-Seltzer Cold Plus®. Your child may take acetaminophen (Tylenol®).
- Check with your doctor to see whether there are any prescription or non-prescription medications that your child should avoid taking or stop taking temporarily before his or her surgery.
- In general, your child should not receive any vaccines for one (1) week prior to their scheduled surgery.
- Please make child care plans for your other children.
- Write down your questions or concerns. It may be easier than trying to remember them.

- Prepare your child for surgery by talking to him or her and allowing your child to ask questions. See the guidelines beginning on page 7. We also encourage you and your child to take a free pre-admission tour. (See page 8.)

### Forms & Insurance

- You will receive forms in the mail or at the physician’s office: the History and Physical form and the Consent form. Please remember to bring any completed forms with you on the day of your child’s surgery.
- Check with your insurance carrier to determine whether you need written authorization before receiving the scheduled services. To make sure you receive the insurance coverage to which you are entitled, please notify your insurance company or health maintenance organization (HMO) of your child’s type and date of surgery before coming to the hospital. If you have questions about insurance requirements, ask your child’s primary care physician or call Children’s Patient Access staff at 412-692-5310.
- If blood work was ordered by your child’s doctor or surgeon, make sure it is completed. Bring the results with you, or have them sent to the Surgery Center via fax. The fax number is 724-933-3741.

## Getting Ready — The Day Before

- 2 - 3 business days before your child's procedure, you will receive a call from the outpatient surgery center nurse between 8 a.m. and 4 p.m. The nurse will ask several questions about your child's medical history, current medications and readiness for the particular procedure. He or she will answer any questions you have and will give you the important instructions you and your child need to follow. Please have paper and pen ready to write down instructions.
  - > If your child takes medications regularly, including herbal or nutritional supplements, please inform the surgery nurse during the pre-procedure phone call.
  - > Directions to the surgery center will be provided, if you need them. A map is included in this booklet. You also may visit our website at [www.chp.edu](http://www.chp.edu) for a map and directions.
- If your child has special needs, please inform the surgery nurse.
- One business day before your child's procedure, the surgery nurse will call again between 8 a.m. and 4 p.m. to inform you of your arrival time. This is your arrival time, **not your child's surgery time.**
  - > The surgery nurse will also provide you with instructions for eating and drinking. To ensure your child's safety for anesthesia, it is important to follow these specific times for eating and drinking.
- If you have questions or concerns about your child's surgery, or if you are not contacted by 4 p.m. the day before, call the surgery center at 724-933-3709. Or, call the Children's operator at 412-692-5325 and have the surgery center director paged.
- The ambulatory surgery centers are not 24-hour facilities. If your child would require further treatment, he/she would be transferred to Children's Hospital in Lawrenceville.

### Things To Bring Checklist

- Any papers provided by your child's doctor, including the History and Physical form and the Consent form
- Legal guardianship papers and court orders
- Insurance company authorization, if required by your insurer
- Insurance card and Social Security card
- Storage cases for your child's eyeglasses, contact lenses and/or orthodontic retainer
- Favorite security object from home (pacifier, toy, blanket, iPad, etc.)
- Preferred bottle, sippy cup or sports bottle

**If you are not the biological parent (natural mother or father) of the child, you must bring copies of court documents (with medical and surgical rights) of your legal right to give consent for the procedure and anesthesia. If you have any questions, please contact the social worker by calling 412-692-5255.**

# Getting Ready — The Night Before

## Eating and Drinking Instructions

### Infants

- If your child is under 12 months of age, he or she should not eat any solid food or have any milk after midnight. Your infant may have unthickened formula **six hours prior to your arrival time.**
- Breast feeding may occur up to **four hours prior to your arrival time.**
- Only water, plain clear apple juice, Pedialyte™, or Gatorade™ may be given up to **two hours prior to your arrival time.**
- Please let the surgery nurse know if you add cereal and/or “Thick It” to your child’s liquids. This is considered a meal and should not be added to any liquids after midnight.

### Children Over 12 Months

- Absolutely no food, gum, candy or milk products after midnight prior to surgery.
- Your child may have water, plain clear apple juice, Pedialyte™, or Gatorade™ only — **two hours prior to your arrival time.**
- Breast feeding may occur up to **four hours prior to your arrival time.**
- Please let the surgery nurse know if you add cereal and/or “Thick It” to your child’s liquids. This is considered a meal and should not be added to any liquids after midnight.

# Before the Surgery or Procedure

There are many things you can do to help prepare yourself and your child for admission for outpatient surgery at Children’s Hospital.

### Getting There

- Dress your child in loose fitting, two-piece clothing such as sweats. If you wish, you may bring your child to the center in pajamas.
- All personal clothing, undergarments, jewelry, nail polish, and make-up must be removed prior to surgery.
- Allow adequate time for travel. If you arrive late, it may cause delays in the surgery schedule for your child and your procedure may have to be rescheduled for another day.

### At Children’s North Surgery Center

- The nursing staff will check your child’s height, weight and vital signs, and will review preoperative information and consents.
- A member of the anesthesia team will speak with you.
- Your child’s surgeon will speak with you.
- **One parent must remain with your child at all times.**
- No siblings or other children are permitted to be in patient care areas.
- Your child will change into the Surgery Center’s pajamas or gown when they arrive for their procedure.

*For safety reasons, your child’s surgery may be rescheduled for another day if he or she does not follow these instructions.*

## Several steps will be taken to ensure your child's safety.

- You will be asked to sign an Informed Consent form, which verifies that you and your doctor have discussed the surgery that is to be performed on your child, the expectations that you have of each other and the risks associated with the surgery.
- The staff responsible for your child's care will verify your child's identification by name and birth date, the specific surgery he or she is having, and the part of your child's body on which the surgery is to be performed. You will be asked these questions several times. The staff also will double-check what you tell them against documents provided by your doctor and any preoperative assessments.
- Depending on the type of surgery your child is having, the doctor who will perform the surgery (or another member of your health care team) will mark the correct location on your child's body on which the procedure is to be performed. Called side-site marking, this is a critical step in ensuring your child's safety. For example, if your child is having a right-ear tube placed, the surgeon will make a mark on the right ear.
- In the operating room, the surgeon will take a "time out" with the surgical team just before beginning your child's surgery. During the time out, the members of the health care team again verify the procedure and the correct side-site on your child.



## The Surgery or Procedure

### *How long will it take?*

The total length of stay varies with each child and depends in part on the type of procedure and the time it takes your child to recover. Your child's surgery or procedure includes spending some time in the surgical holding/play area, where children wait for a short time before going into the Operating Room.

When it is time to go into the Operating Room, your child may become upset. To help make it easier:

- Be honest with your child.
- Let your child know where you will be waiting. Reassure your child that you will see him or her when the procedure is over.

- Allow your child to express his or her feelings, even if he or she wants to cry. Our staff is very experienced in comforting children during separation.
- If your child would be more comfortable, please make arrangements for your clergy to visit.

### **One parent/legal guardian must remain in the designated waiting area at all times during surgery.**

Vending machines and coffee are available for parents and guardians. A café is available at the Children's North Surgery Center Monday through Friday, from 7:30 a.m. to 2 p.m. We suggest that you have a snack before going to the Recovery Room to be with your child.



## After the Surgery or Procedure

After your child's procedure is completed, he or she will be taken to the Recovery Room until the effects of anesthesia begin to wear off. The length of time your child spends in the Recovery Room will vary with the procedure and the child. **A maximum of two adults and no other children are permitted in the Recovery Room or any patient care areas with your child.**

After your surgery, your doctor or nurse will ask about any pain your child may have. Whenever your child is asked to take a medication, especially a new one, ask what it is for and its side effects. This will ensure that you are kept informed. Be sure to review your child's discharge instructions. If you have any questions or concerns about the instructions or any medication, ask the doctor or nurse.

School or employment excuses are available upon request in the Recovery Room.

## Caring for You Child at Home After Surgery

Children respond differently to anesthesia. Your child may be tired and fussy today. He or she may also have a headache and feel nauseated.

After your child's procedure, please follow these important safety instructions:

- A responsible adult should stay with your child for the next couple of days.
- After your child's procedure, they may be unsteady while walking. Please plan to assist him/her until he/she is able to walk without help.
- Watch your child closely until he/she is no longer drowsy (sleepy). Please be especially careful on steps or places they may fall.
- Do not let your child do anything where dizziness or clumsiness could be dangerous for the next 24 hours.
- All children must be in their car seats or using the recommended safety restraints while traveling in the car.

- If your child is over 16 years of age, they should not operate a motor vehicle for 24 hours after receiving general anesthesia.

Prepare in advance by buying a supply of clear liquids such as ginger ale, Popsicles®, apple juice, etc., before the day of the procedure so you will have something to offer your child to drink afterward.

Have your child eat lightly for the next meal. Restaurant meals, especially fast food, are not recommended on the day of surgery.

Keep the discharge instructions on your refrigerator or near the telephone. Call your surgeon if you have any questions or if problems arise.

You will receive a follow-up phone call to check on your child's progress the next business day.

## Guidelines To Help Your Child Prepare for Surgery

### 1–6 years

If your child is between the ages of 1 and 3, it is best to wait until the morning of surgery to discuss the procedure. Give brief but honest explanations using simple, carefully chosen words. Words such as "fix" and "make it better" are less threatening than "cut," "incision" and "take out." Reassure your child that the surgery or diagnostic procedure is not a punishment. Do not threaten your child with a medical procedure or with doctors or nurses. Emphasize that eating and drinking before surgery will make your child sick. For children 3–6 years, encourage pretending and role-playing. If possible, read books with your child about going to the hospital and having an operation.

### 7–12 years

Many of the guidelines for younger children apply to children of this age; however, you should discuss the surgery and hospitalization before the day of surgery. Give a matter-of-fact explanation of the procedure and why it needs to be done. Allow your child to ask questions and discuss his or her fears with you. Reassure your child that he or she will stay asleep for the entire surgery. Tell your child that it is all right to cry if something is uncomfortable.

### 13–18 years

Reassure your teenager that his or her privacy will be respected as much as possible and that all information is kept in confidence. Give detailed answers to questions, and encourage your teenager to ask questions of the doctor and nurse. Reinforce that it is all right to cry. Don't refer to him or her as a "baby" for crying or having fears. Allow as much independence as possible.

If you have questions about preparing your child emotionally for surgery, please contact a specialist in Children's Child Life Department at 412-692-5022.



## Frequently Asked Questions

### *Why can't my child eat or drink before surgery?*

The safest way for your child to receive anesthesia and decrease the possibility of your child vomiting, aspirating and developing pneumonia is by following the detailed instructions for eating and drinking. This means no chewing gum, candy, milk, tooth-brushing or water. **Eating or drinking after the restricted times given to you by the surgery nurse may cause a delay of up to eight hours, or having to reschedule your child's surgery.** Refer to page 6.

### *What if my child has a cold or is exposed to a disease before surgery?*

If your child develops a cold or flu-like symptoms a day or two before surgery; or if your child has been around someone who has measles, chicken pox, shingles or mumps within 21 days before the surgery, please contact the surgeon.

### *Can a grandparent or stepparent sign consent for surgery?*

The only people permitted to sign surgery and anesthesia consent forms (legal documents) are legal parents or guardians. If you are not the biological or adoptive parent, but you do have guardianship of the child, please bring your legal proof of guardianship. If you have custody of the child, please contact your social worker or caseworker at least one week prior to the day of surgery to assist you in this process.

## Outpatient Surgery Pre-Admission Tours

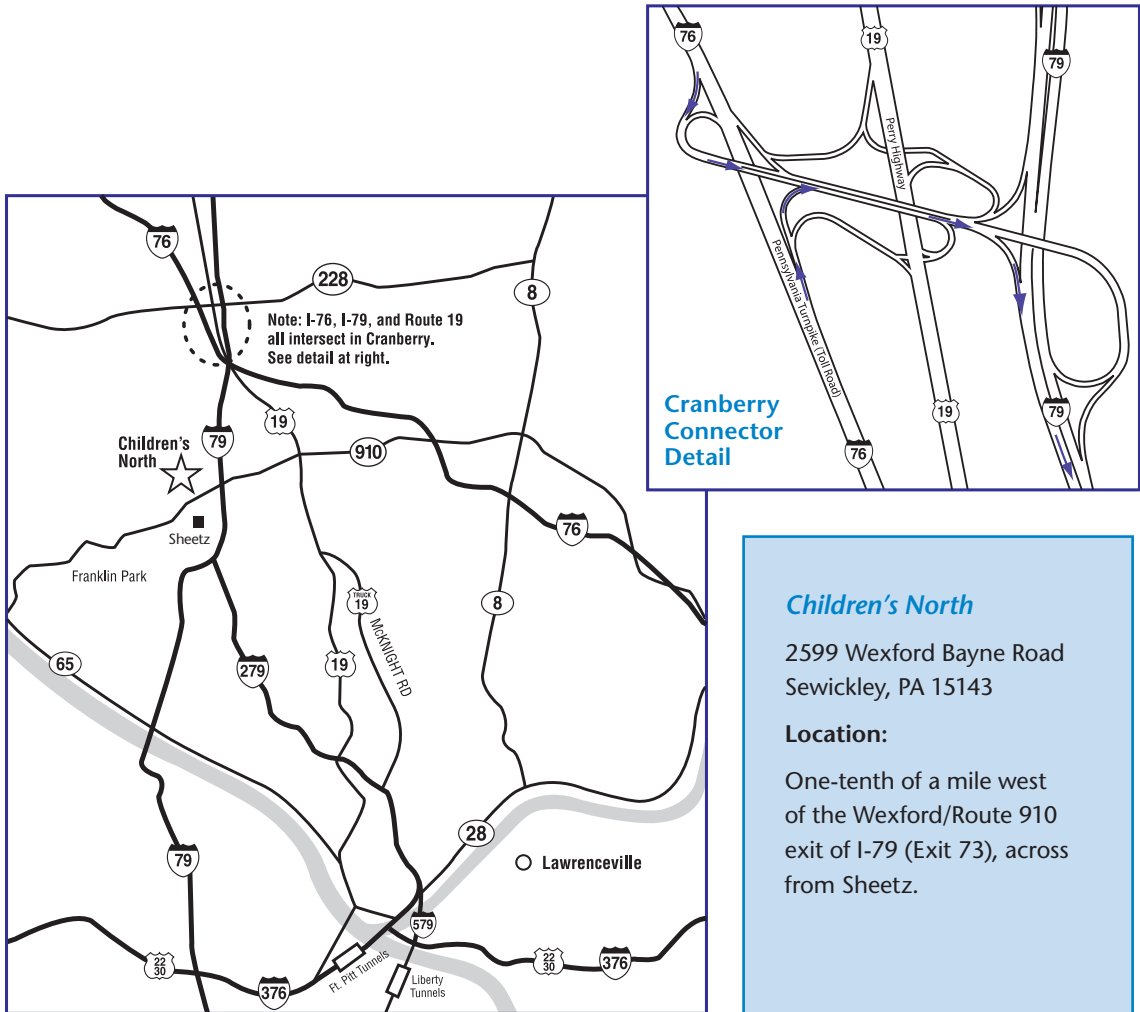
Having a surgery or procedure can be a challenging experience for children and parents, so Children's North offers pre-admission tours to help you prepare. The tours are conducted by a registered nurse and are focused on helping reduce the child's fear of the unknown. The children have the opportunity to have hands-on experience with the surgical and operating room equipment in a positive atmosphere. Brothers and sisters also are encouraged to attend. The tour takes about 20–30 minutes.

Tours and parking are free. Tours are scheduled as needed at Children's North.

To schedule a tour at Children's North, please call 724-933-3700, option 2.

# Directions to Children's North

Directions Hot Line:  
412-692-8088



## Via the Pennsylvania Turnpike

If you are coming to Children's North via the Pennsylvania Turnpike take Exit 28, the Cranberry Exit. From there follow the signs toward I-79 SOUTH/PITTSBURGH and merge onto I-79 SOUTH. Take Exit 73 WEXFORD and turn RIGHT onto Wexford Bayne Road. Go approximately one-tenth of a mile and Children's North will be on the right-hand side of the road, across the street from Sheetz.

## From Points North or South

If you are coming to Children's North from points North or South, take I-79 to Exit 73, which is the Wexford/Route 910 exit. Follow Route 910 West for approximately one-tenth of a mile. Children's North will be on the right-hand side of the road, across the street from Sheetz.



### Ambulatory Surgery Center

UPMC Children's North  
2599 Wexford Bayne Road  
Sewickley, PA 15143

Ph: 724-933-3700, option 2  
Fx: 724-933-3741

Information line (pre-recorded):  
724-933-3777

[www.chp.edu](http://www.chp.edu)