

YOU ARE HAVING SURGERY!



**Children's
Hospital**

University of Missouri Health Care

Note to Parents/Caregivers:

This book is designed to help prepare your child for what to expect on the day of surgery. Here are some additional ways you can help:

1. **Prepare yourself for your child's surgery.**

Staff realizes that surgery can be stressful for both the patient and family. A child who senses a parent's anxiety tends to become more anxious, which limits the child's ability to cope effectively. We encourage you to get your questions and concerns addressed to alleviate the unknown.

2. **Your presence is an essential part of your child's well-being.**

Separation between child and family is often of the greatest fears when encountering surgery. Assure your child that you will be with him/her as much as possible.

3. **"What do I tell my child and how?"**

Children need to know: 1) that he/she is coming to the hospital 2) why and when he/she is coming to the hospital. Encourage your child to ask questions and share feelings about having surgery. Simple, honest answers and explanations work best. Be mindful of the language you use (ex. Instead of "cut" say "make an opening" or "remove".)

4. **Pre-operative tours**

Tours of the hospital are available by Child Life Specialists. This allows for children to become more familiar with some of the medical equipment and address specific concerns the child and family might have about the day of surgery.

5. **Encourage your child to participate in preparing to go to the hospital.**

Encourage your child to help select and pack items to take to the hospital. Favorite doll/stuffed animal, books, music, games and toys often make children feel more comfortable.

6. **Read this booklet with your child in a calm, quiet environment.**

Many questions will be answered in reading this book. Your child's specific surgery may require additional equipment and experiences not described such as casts, IV lines, tubes, or a hospital stay. For many children it is important that they are prepared for these experiences. Nurses and Child Life Specialists can assist you with this.

Important numbers:

Child Life Program (preop tours): 573-771-9340

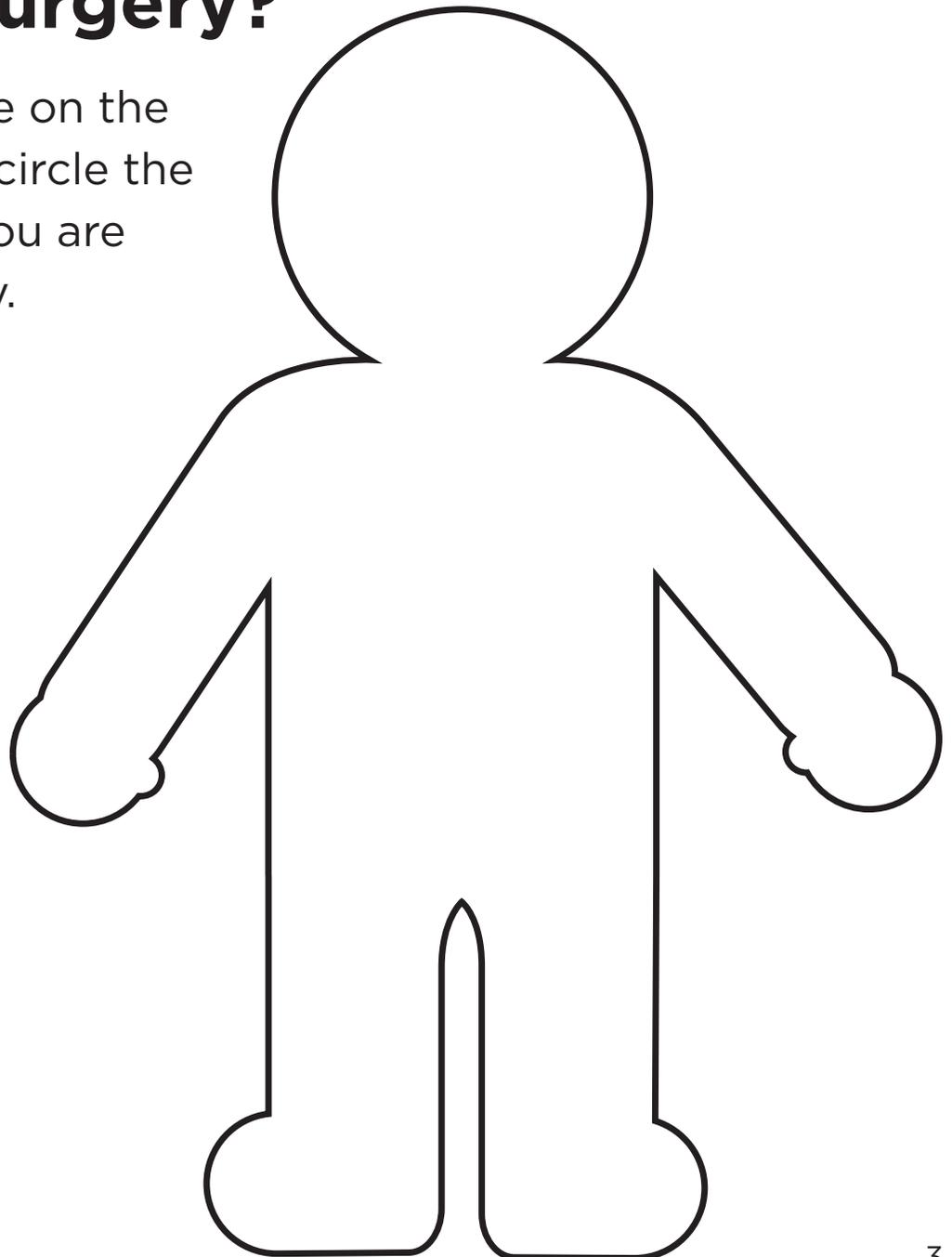
Your child's surgery office: _____

You are having surgery!

Surgery is a way doctors can help your body.

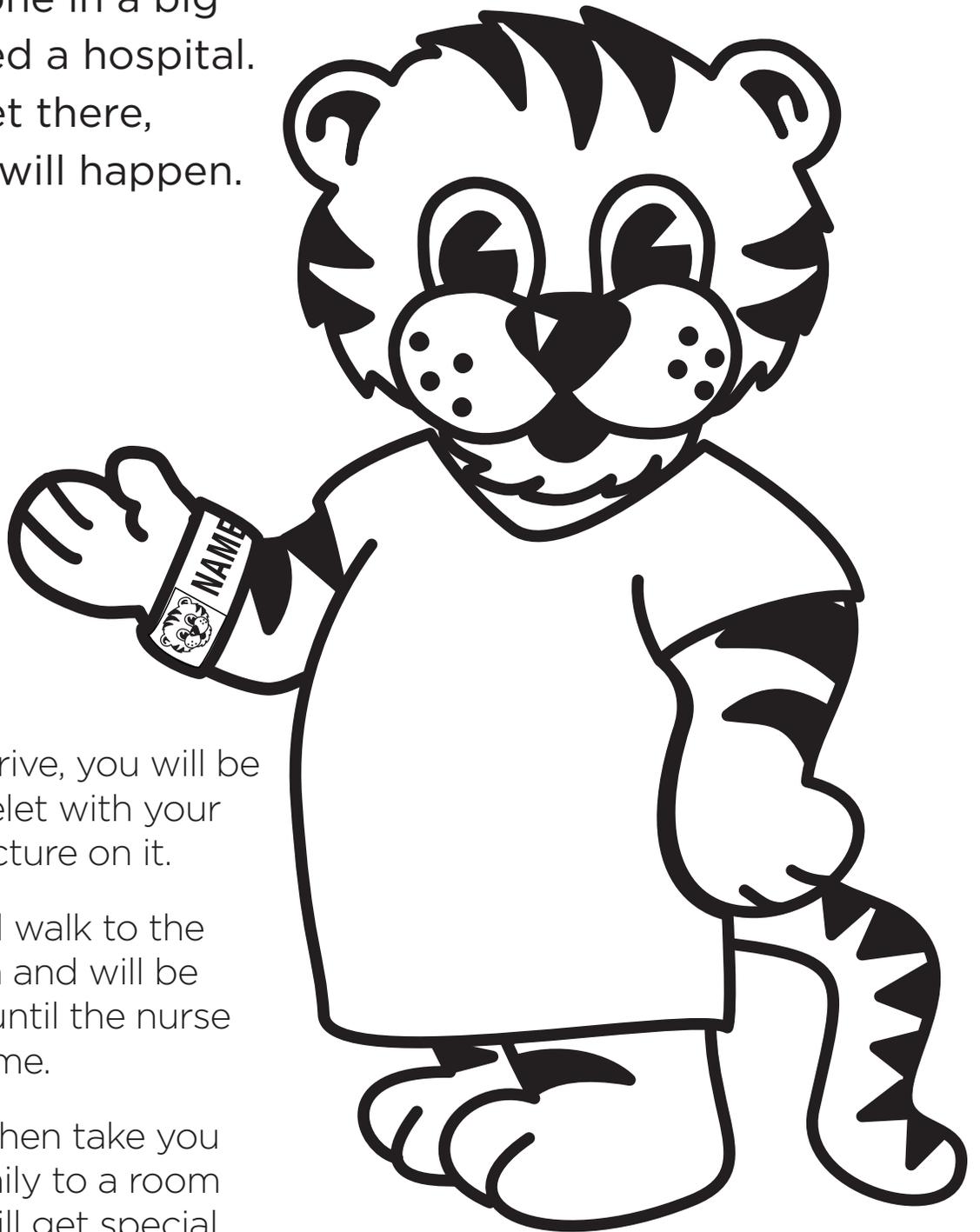
Where are you having surgery?

Draw your face on the person. Then, circle the place where you are having surgery.



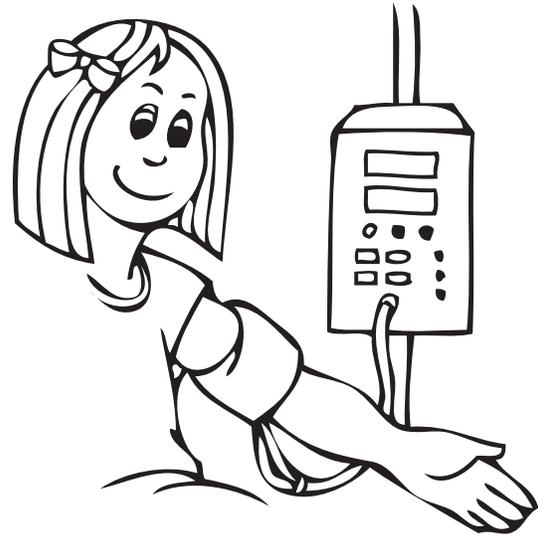
Before surgery:

Surgery is done in a big building called a hospital. When you get there, many things will happen.

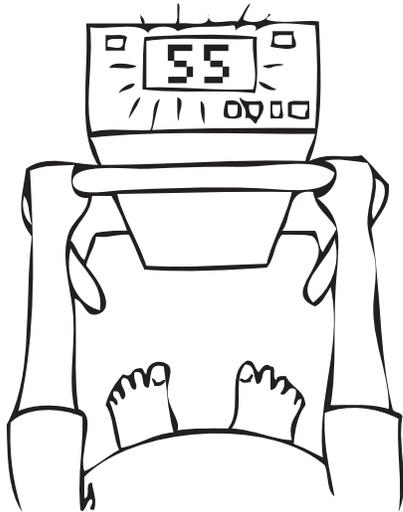


- When you arrive, you will be given a bracelet with your name and picture on it.
- Next, you will walk to the waiting room and will be able to play until the nurse calls your name.
- A nurse will then take you and your family to a room where you will get special pajamas to wear.

The nurse will take care of you by ...

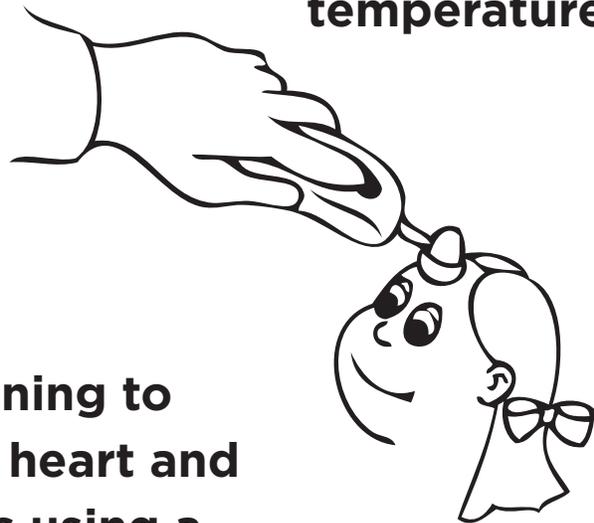


- **Checking your blood pressure.**
(This may feel like a tight hug.)



- **Checking your weight.**

- **Checking your temperature.**



- **Listening to your heart and lungs using a stethoscope.**

You will be given a special red bracelet to help the nurses and doctors take care of you.

You will meet many different people on the day of your surgery. They are all there to help you and your family:

- The nurse takes care of you and helps the doctors.
- The surgeon is the doctor who does the surgery to help your body.



Going to surgery:

The next stop is the operating room (or the “OR.”) This is a special room where the surgery is done. You will get to ride to the operating room on a bed with wheels or a race car.

At this time, you will say “See you soon!” to your family. Your family will wait for you in the waiting room.



The operating room (OR) is bright with big, round lights on the ceiling. There are different tools and machines, some of which make beeping sounds. The OR also has a bed that's just for you.

In the operating room:

The people in the OR may look different to you because they wear special, clean clothes along with hats and masks.

Your nurse will give you a few special stickers (or “monitors”) that go on your chest, as well as a special red light sticker to wear on your finger.

The anesthesiologist, or the doctor that helps you fall asleep, will give you a soft, clear mask to breathe special air through. This mask gives you air that makes sure you sleep comfortably through the whole surgery.

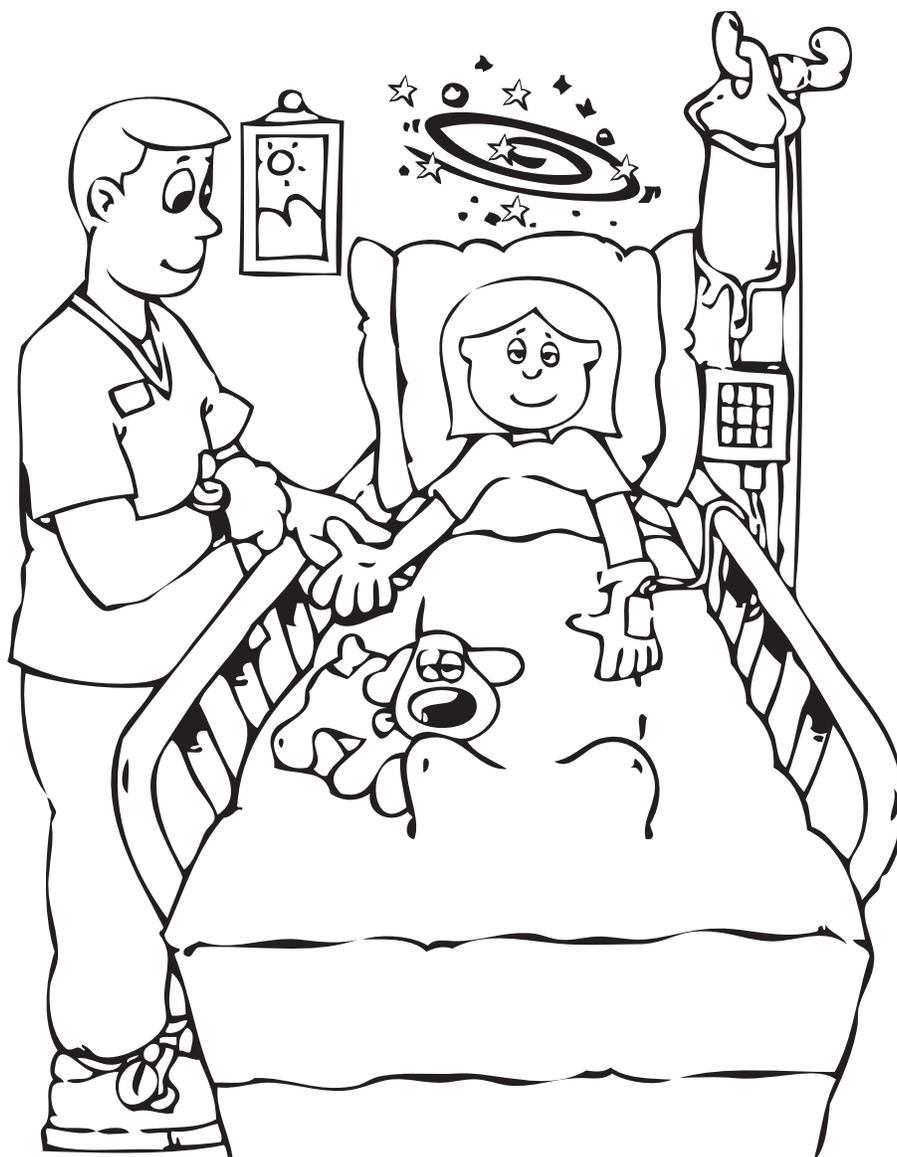


Waking up:

When your surgery is over, your doctor will stop giving you the sleepy medicine.

You will wake up in the recovery room. You may feel sleepy or dizzy. A nurse will be there to take care of you. The person who brought you to the hospital will see you soon.

You will have some of the same stickers (monitors) that you had on before surgery and you may have a bandage and an IV on your hand or arm (this is a special way to get medicine to your body).





Going home:

Before you go home, your nurse will take your monitors off. If you still feel sleepy you can take a ride in a wheelchair to your car.

Sometimes kids may need to spend the night in the hospital after surgery. Ask your family or your doctor if you might spend the night and think of ways you can make the hospital more fun.

