

Day Surgery Instructions for Children

Your child is scheduled for surgery on _____. Day surgery means that a patient has an operation and goes home on the same day. This sheet gives you instructions on how to prepare your child for day surgery. It also explains what happens on the day of surgery.

Preparing newborns up to 6 months old

It is important that you follow these directions carefully or the surgery may be canceled:

- Your child should not eat any solid food after midnight before the surgery. This includes cereal mixed with formula.
- If your child is formula fed, his or her last bottle should be finished at least six hours before the surgery.
- If your child is breastfed, his or her last feeding should be finished three hours before the surgery.
- Clear liquids should be finished three hours before surgery. Clear liquids include breast milk, apple juice, white grape juice, water and infant electrolyte solution, such as Pedialyte.

Preparing patients 6 months old and older for surgery

It is important that you follow these directions carefully or the surgery may be canceled:

- Do not give your child any solid food after midnight before the surgery. This includes chewing gum and candy (hard candy, lollipops and chocolate).
- Do not give your child milk, orange juice or carbonated drinks (soda or tonic) after midnight before the surgery.
- Clear liquids should be finished three hours before surgery. Clear liquids include breast milk, apple juice, white grape juice, water and infant electrolyte solution, such as Pedialyte.

Preparing your child for surgery

The Day Surgery staff can arrange an individual meeting with your family upon request. Call 617-355-7921 to arrange.

Call your child's doctor or the Day Surgery nurse 617-355-7921 if:

- your child has a cough, chest cold, sore or strep throat, nasal discharge (runny nose), conjunctivitis or has recently been exposed to the chicken pox;
- history of croup, pneumonia or mononucleosis (mono) within last six months; or
- history or family history of bleeding or frequent nosebleeds.

The day before surgery

A nurse will call you before 1 p.m. to confirm the time of surgery. The nurse will review information with you and answer any questions you may have. If you do not receive a call by 1 p.m. the day before the appointment, please call a member of the Day Surgery staff at 617-355-7921 between 1 and 5 p.m.

Your child must remove all jewelry (including navel or other piercings), nail polish, acrylic nails and contact lenses before coming to the hospital. Please leave all valuables at home

What to bring the day of surgery

- Your child's insurance information, including authorization numbers.
- A written list of any questions you and your child may have.
- Your child's special blanket, stuffed animal or small toy.
- A CD player/iPod with headphones if your child is having local anesthesia. He or she may be able to use them.
- Two adults may be with your child in the Preoperative area and Recovery Room; however, please do not bring brothers or sisters or additional people such as grandparents or friends.
- A copy of court papers regarding legal guardianship, if this applies:
- The phone number of the legal guardian or social worker if you are not the legal guardian.

When you arrive at the hospital

Please arrive 90 minutes before the scheduled surgery time. This allows time to register, and perform any blood tests or other necessary assessments. If your child is scheduled for surgery at 7:30 a.m., please arrive at 6:15 a.m.

Allow extra time for parking. Children's Parking Garage is across the street from the Main Entrance. Valet parking is available at the front entrance of the hospital. Valet services begin at 6:15 a.m. Your parking ticket may be validated for a discount at the information desk in the Main Lobby.

Enter the building through the Main Lobby and go to the information desk. Tell the person at the desk that you, or your child, have an appointment for Day Surgery. You will be directed to either the Admitting Office for a blood test or to the Day Surgery Unit on Main 3.

You may stay with your child at all times before surgery. You may also be able to stay with your child during the start of anesthesia (also called Parent Present Induction). Your child's anesthesiologist will talk with you about this program. If you are pregnant, please tell the nurse or anesthesia provider. Once your child is asleep in the operating room, someone will bring or direct you to the Family Waiting Room. The surgery will take place as close to the scheduled time as possible. Sometimes emergencies may delay the surgery. Staff will keep you informed.

After surgery

The surgeon will meet with you in the Family Waiting Room. The nurse will take you to your child's bedside when your child is settled in the Post Anesthesia Care Unit (recovery room).

Most children stay in the recovery room for 30 minutes or up to two hours after surgery. Some stays are longer, depending on the surgery and the patient's diagnosis.

Your child's nurse will teach you what you need to know to care for your child at home, answer any questions you may have and give you written instructions. You may take your child home when he or she is ready and you have learned the care required.

At home

The morning or afternoon after surgery, a Recovery Room nurse will call you to see how your child is doing.