



Having Surgery at Children's Hospital of Philadelphia

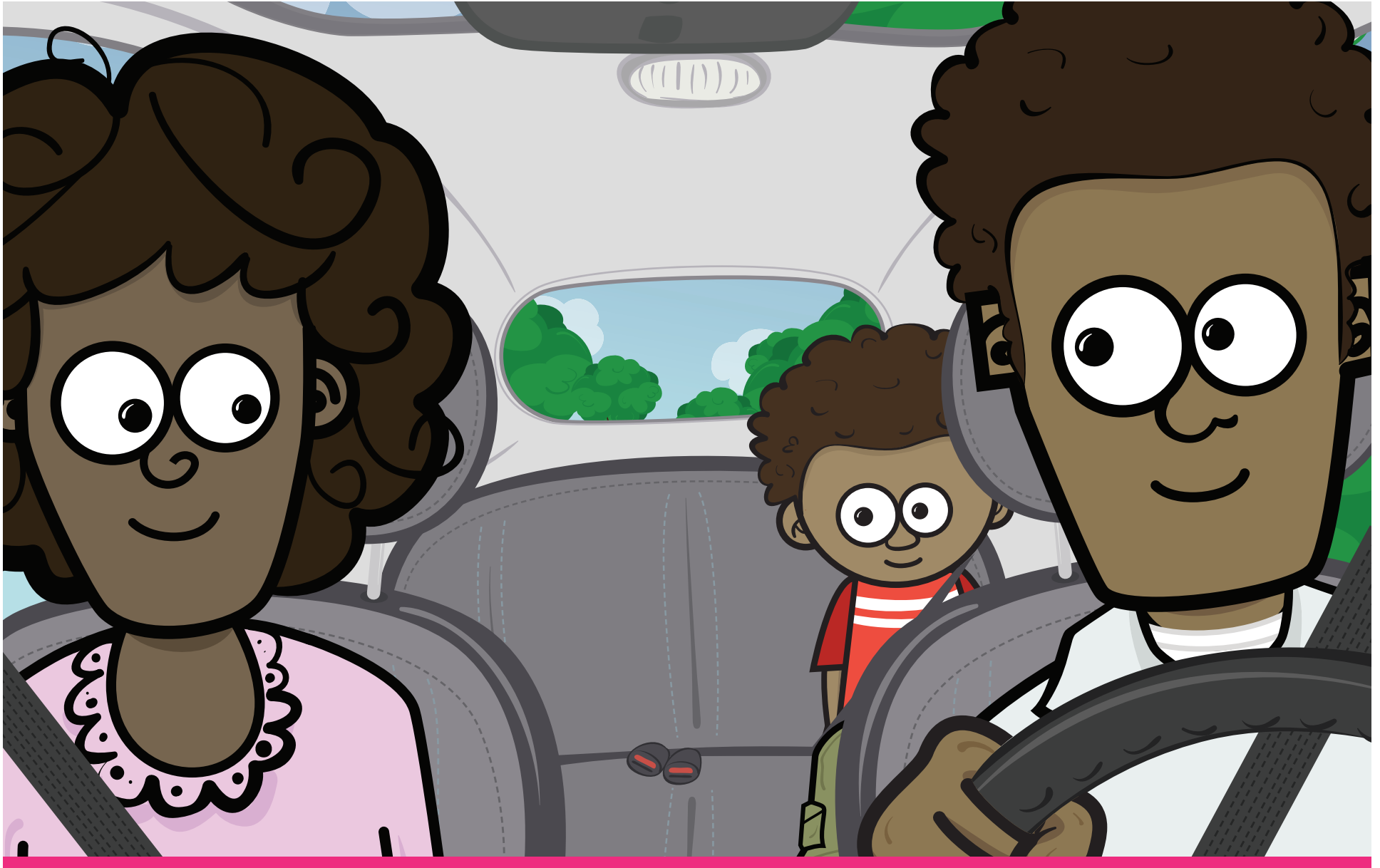
How to Help Prepare Your Child for Surgery

Surgery can feel stressful and overwhelming for children and caregivers. Children and teens cope better with surgery and recovery when they know what to expect before, during, and after the day of surgery. You can help your child by preparing them with information found in this book. This book was created to give caregivers the language and tools to explain what will happen.

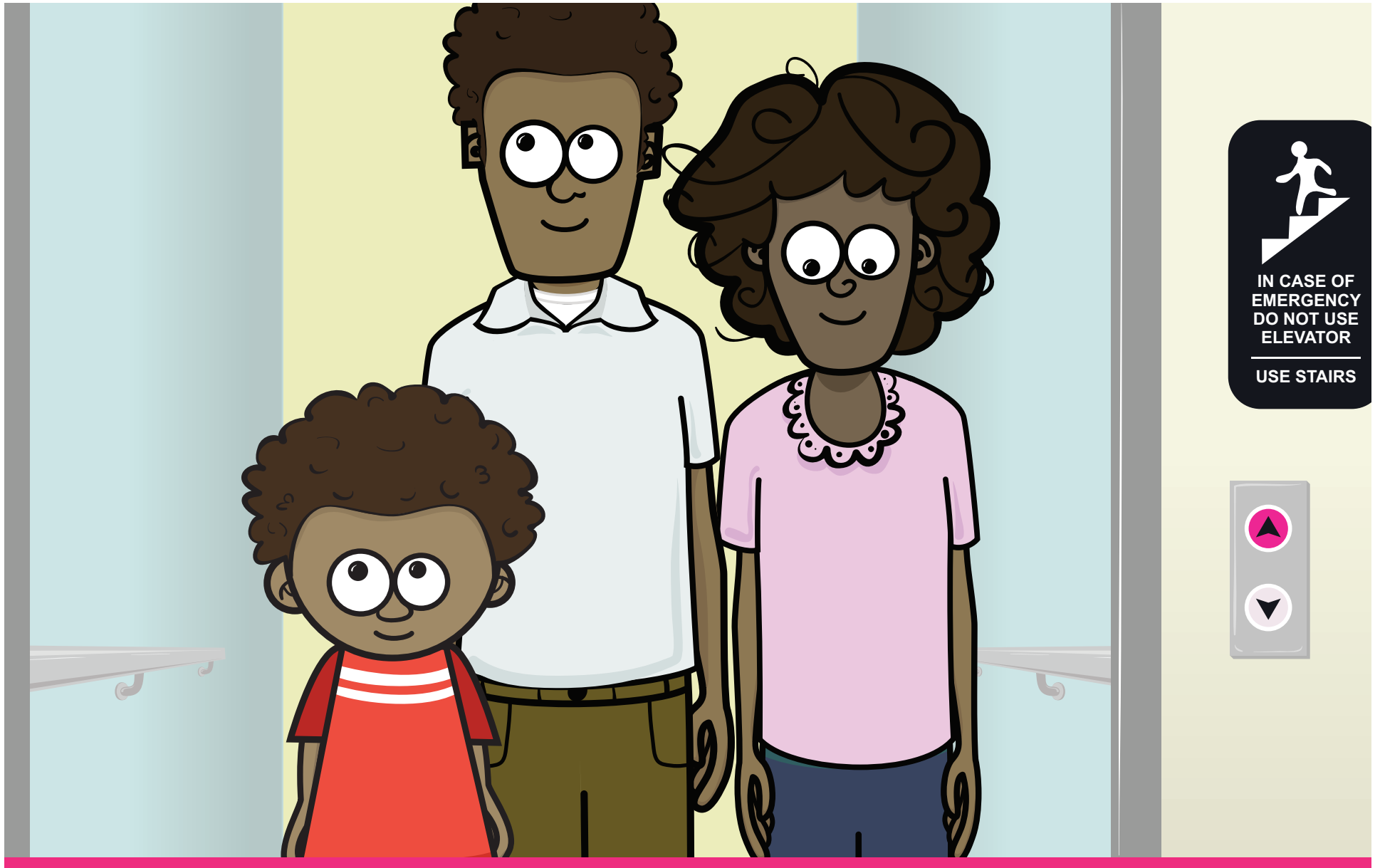
- **Prepare yourself.** If you are prepared, you will be better informed and able to support your child.
- **Be honest!** Use simple words to explain why he or she needs surgery in a way that makes sense for their age.
- **Encourage discussion and questions.** If you don't know an answer, that's okay. You can always ask the surgery team.
- Include your child in **packing a bag** for the hospital with a comfort item or activities. If your child will stay overnight, packing pajamas and toiletries helps younger children understand the concept of sleeping overnight and gives older children a sense of control in the situation.
- Reassure them that it is **normal to feel nervous** before surgery.
- Offer lots of **hugs and praise**.



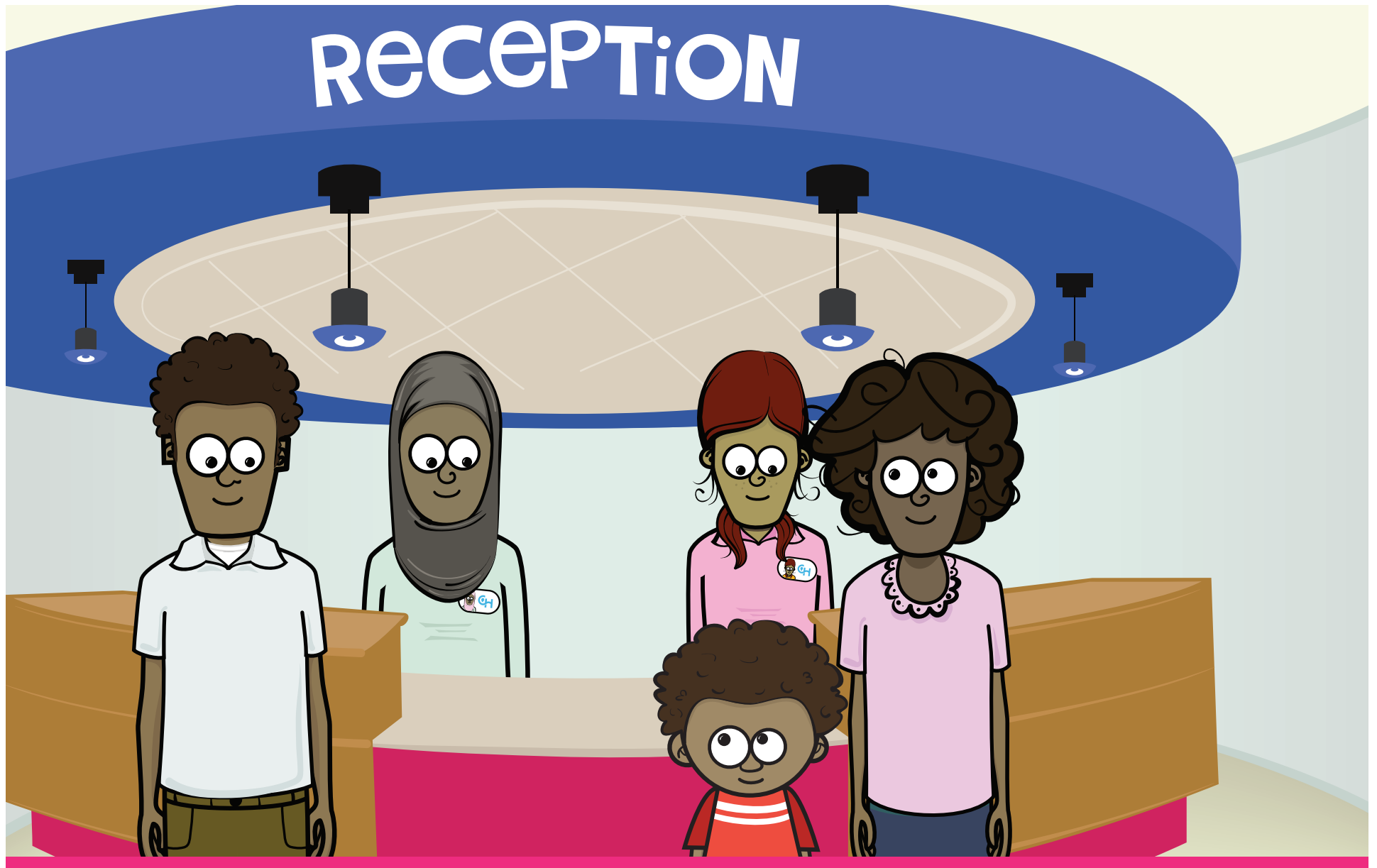
I am having surgery at Children's Hospital of Philadelphia. Surgery is a procedure to fix or check a part of the body.



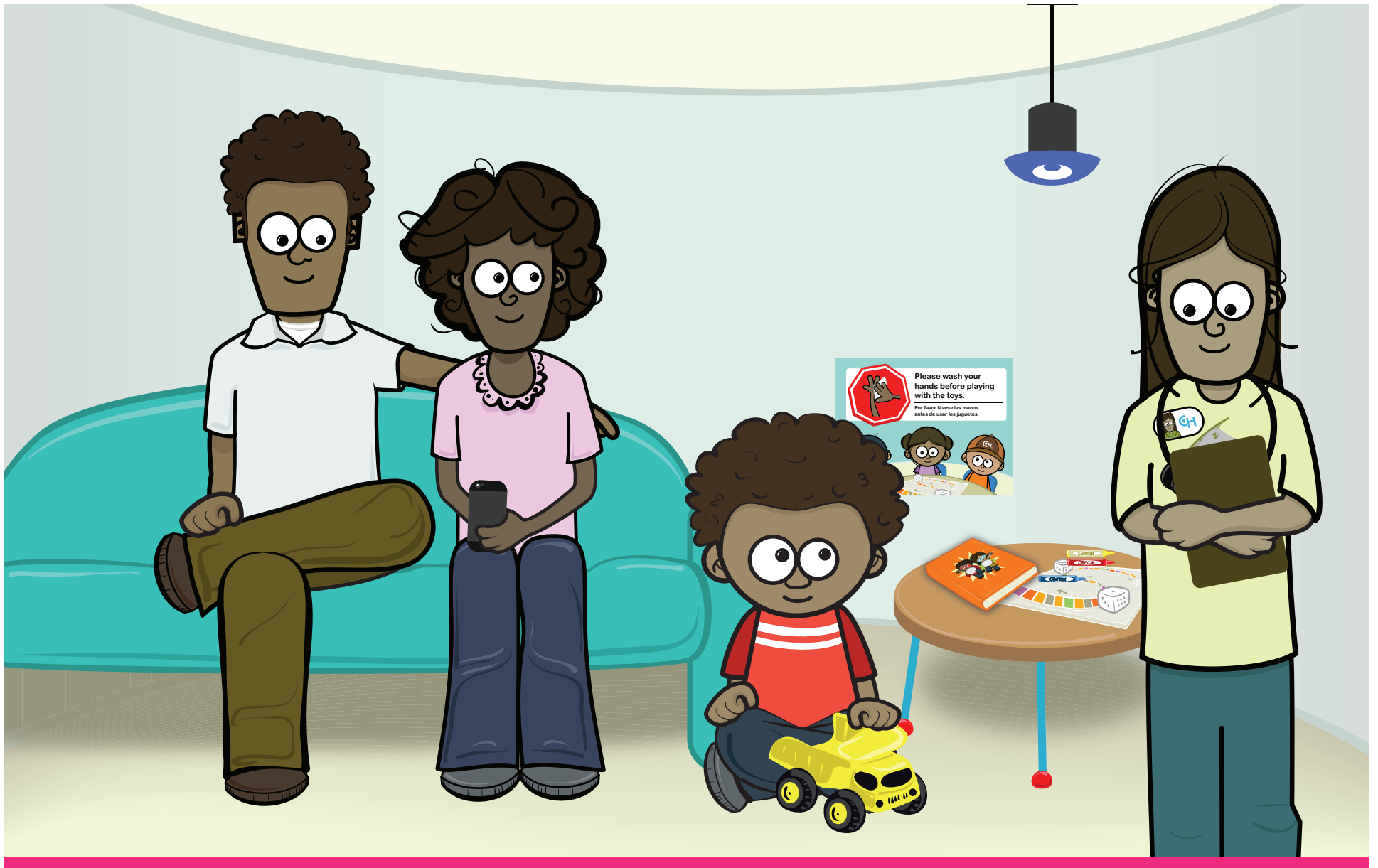
On the day of my surgery, I ride with my family to the hospital.
We park our car.



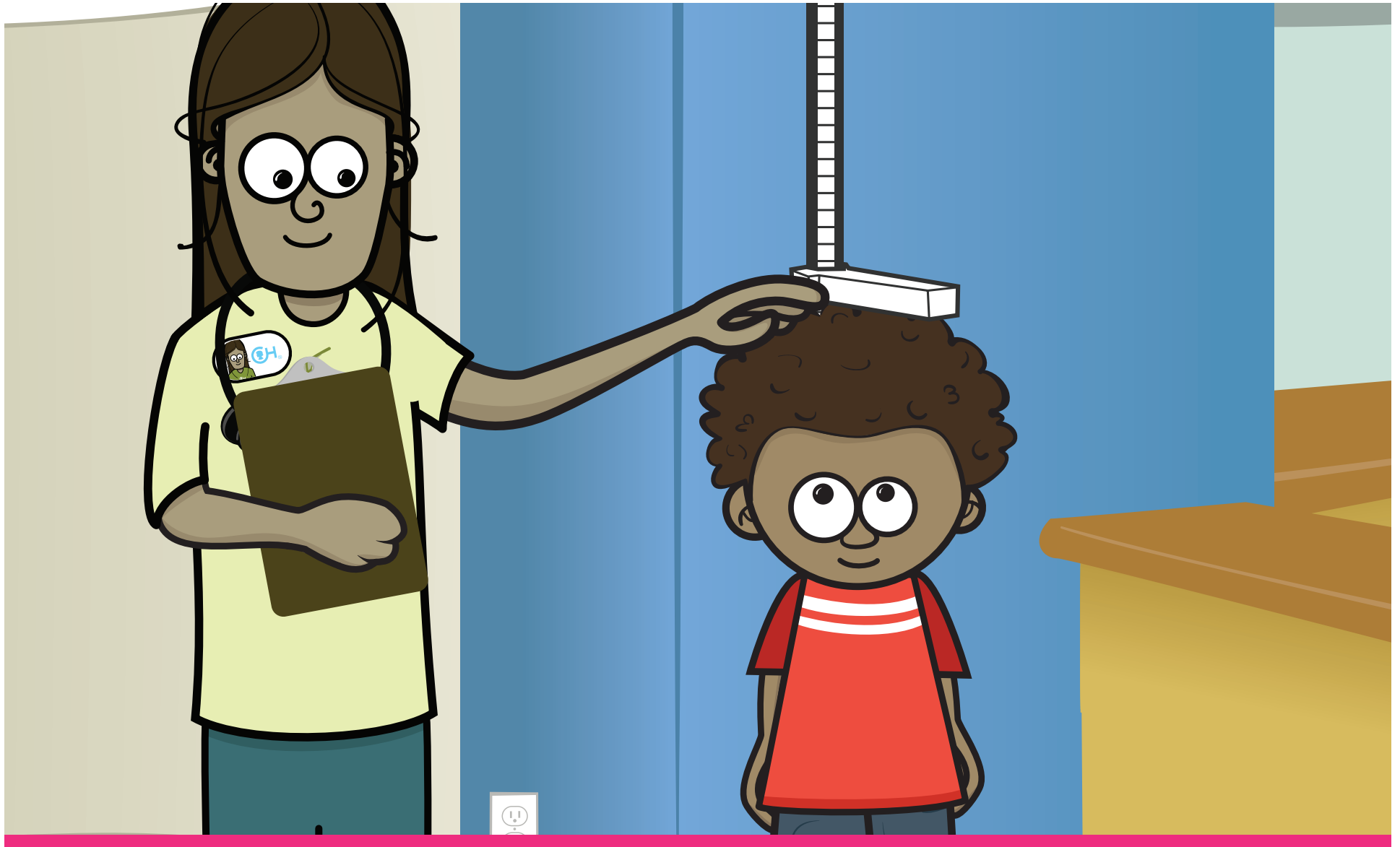
Inside the hospital, my family and I walk to the surgery reception area.



My family and I let the person at the reception desk know who I am and that I am here for surgery.



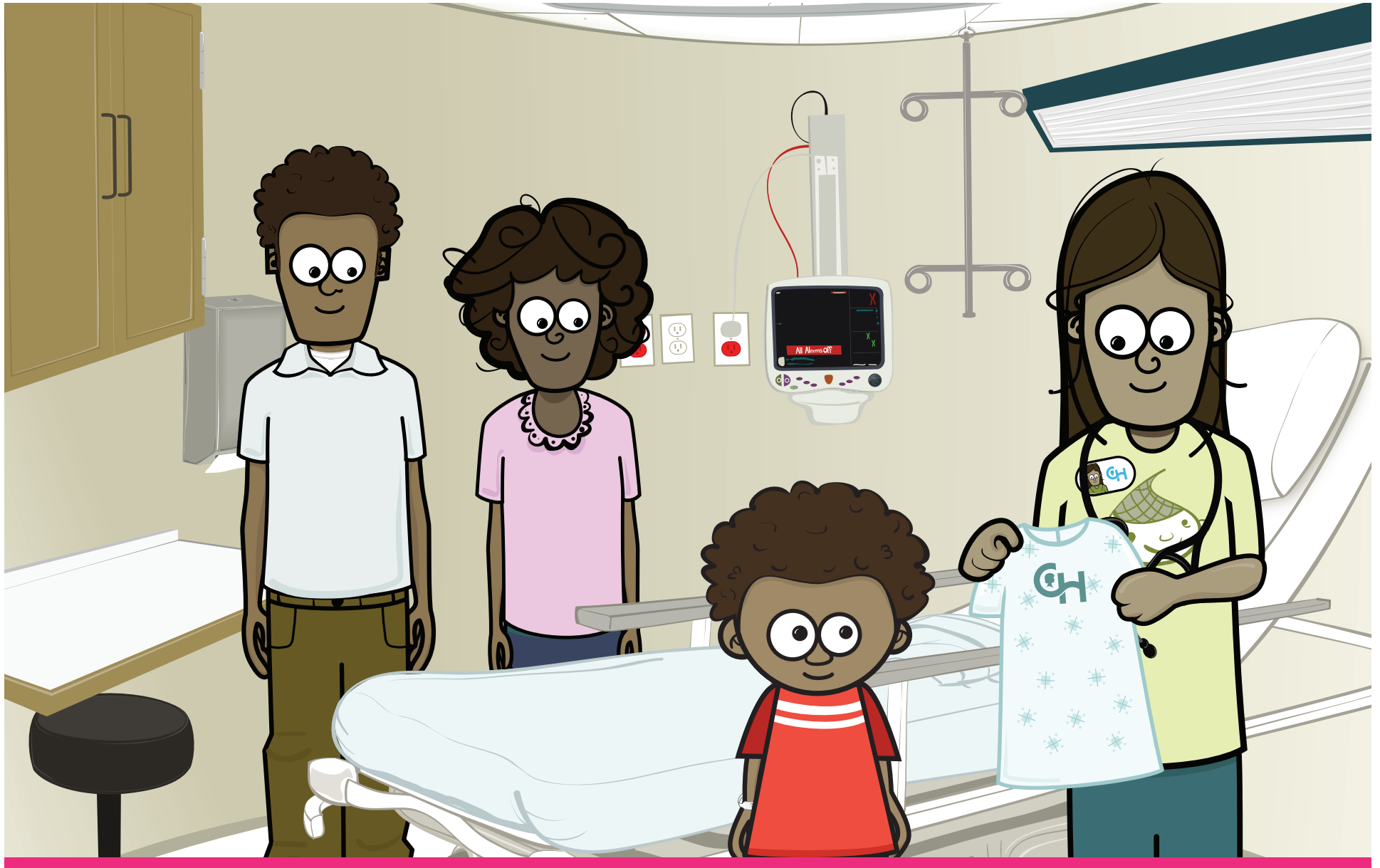
I wait with my family in the waiting room. I can play with toys or read a book while I'm waiting. When it's my turn, the nurse calls my name. My family and I go with the nurse.



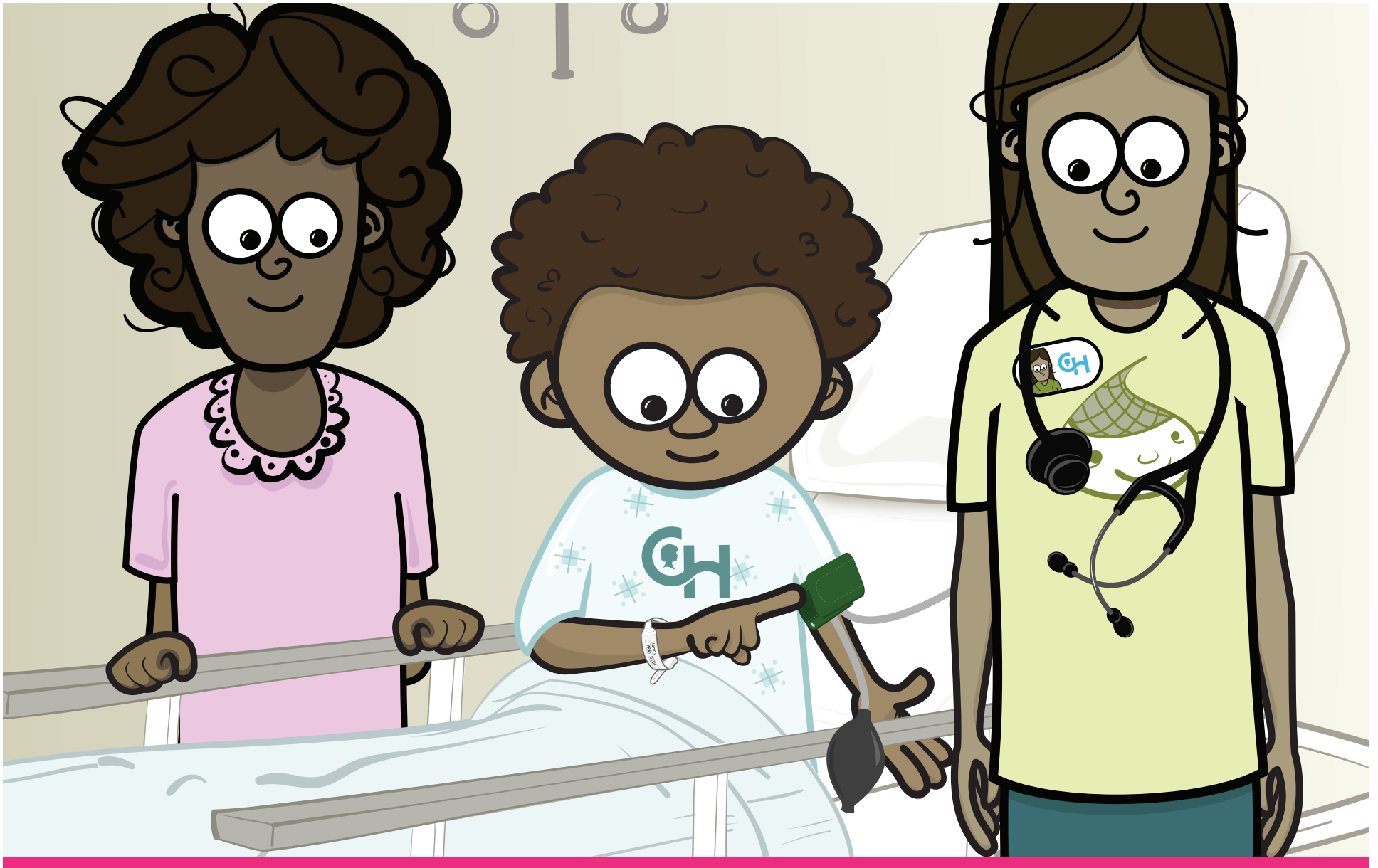
My family and I follow the nurse into the pre-op area. This is where the nurse checks my height and weight. I stand with my back against the wall while the nurse measures my height. Then I stand on a scale and the nurse measures my weight.



The nurse gives me a name band to wear. I can choose if I want to wear it on my wrist or my ankle. My name band helps everyone know who I am.



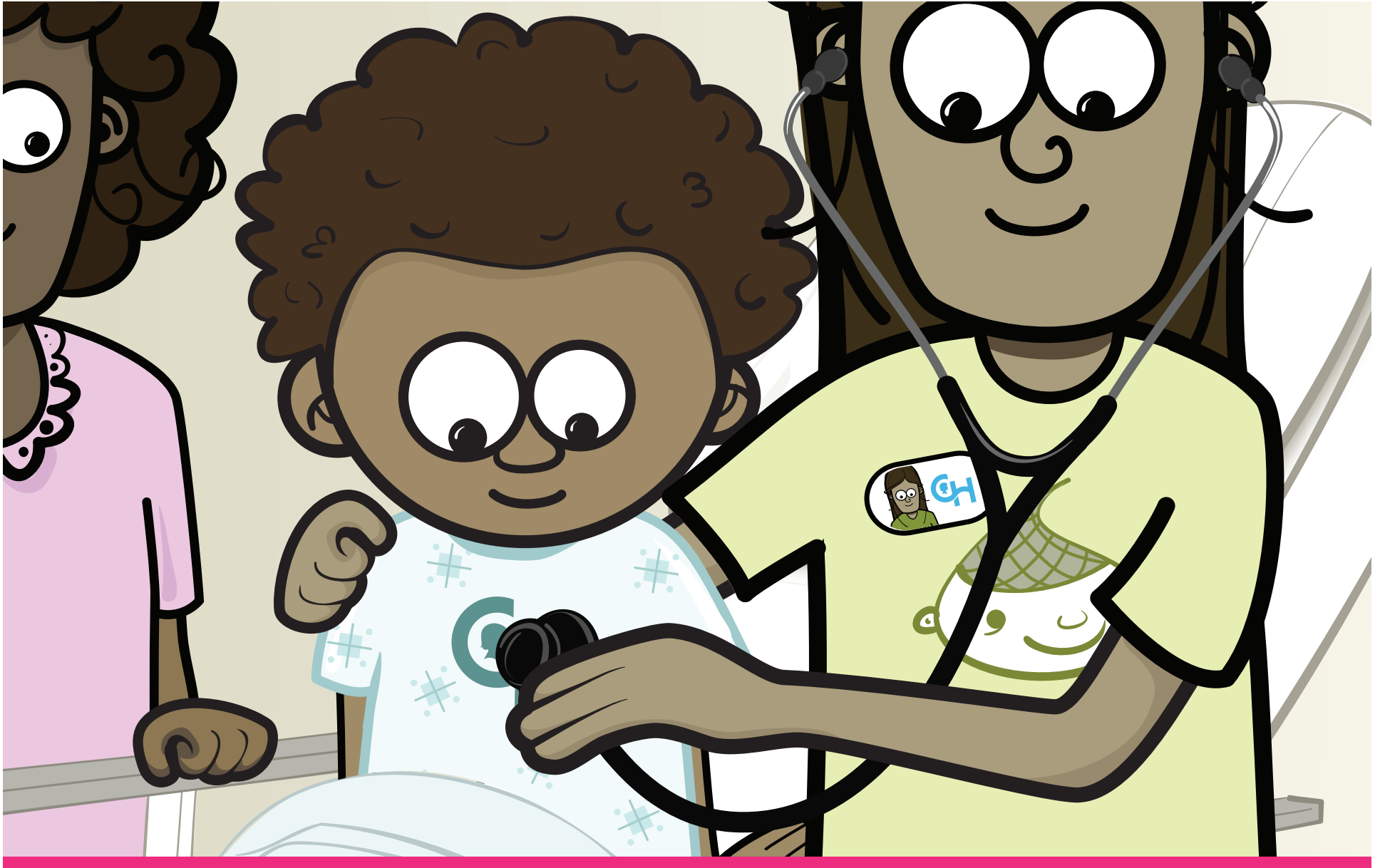
We then go to a room where I change into hospital pajamas. The room has a bed with railings. The railings help to keep me safe. I get in the bed.



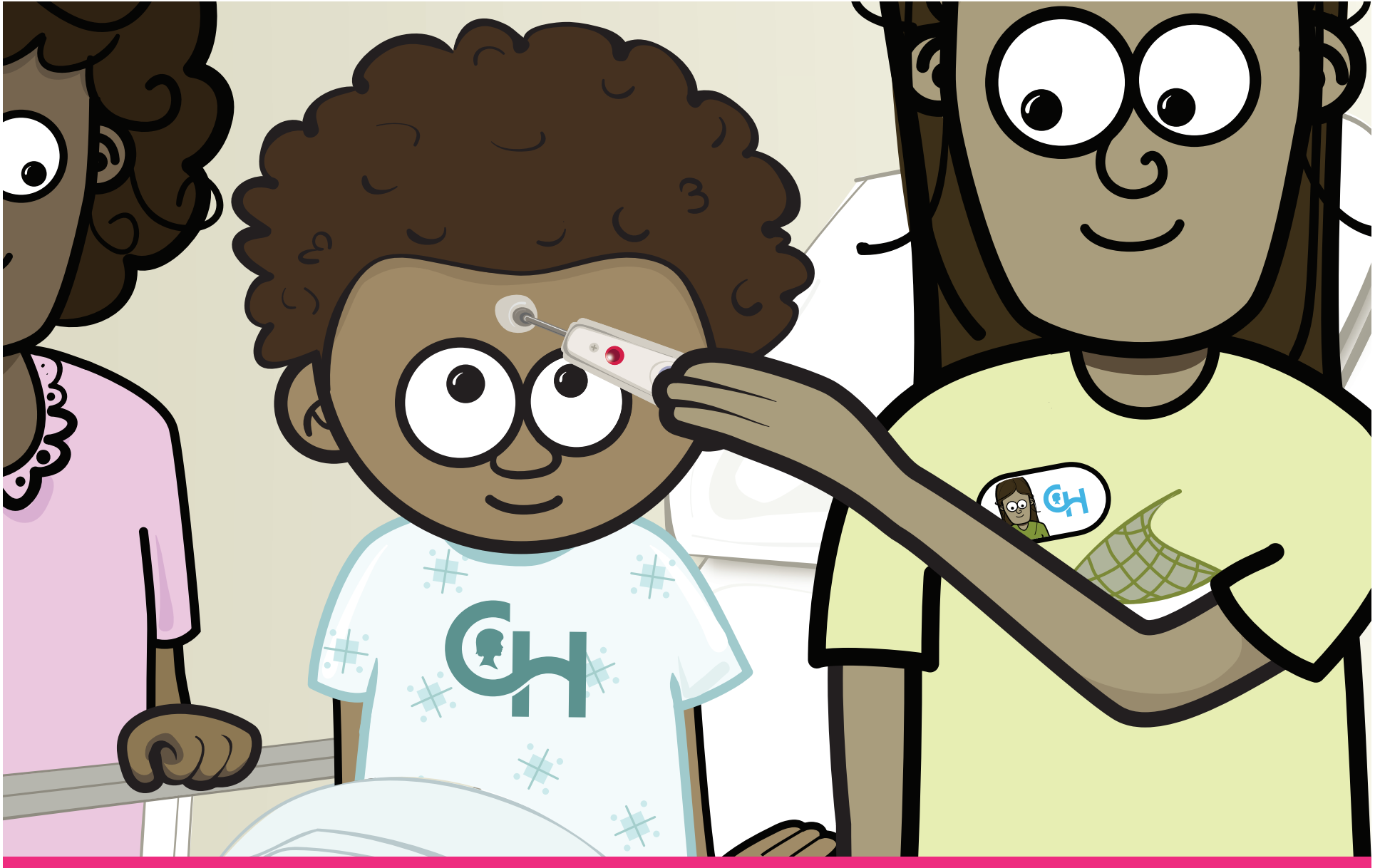
The nurse checks my blood pressure with a blood pressure cuff.
The blood pressure cuff goes on my upper arm and feels like a tight hug.



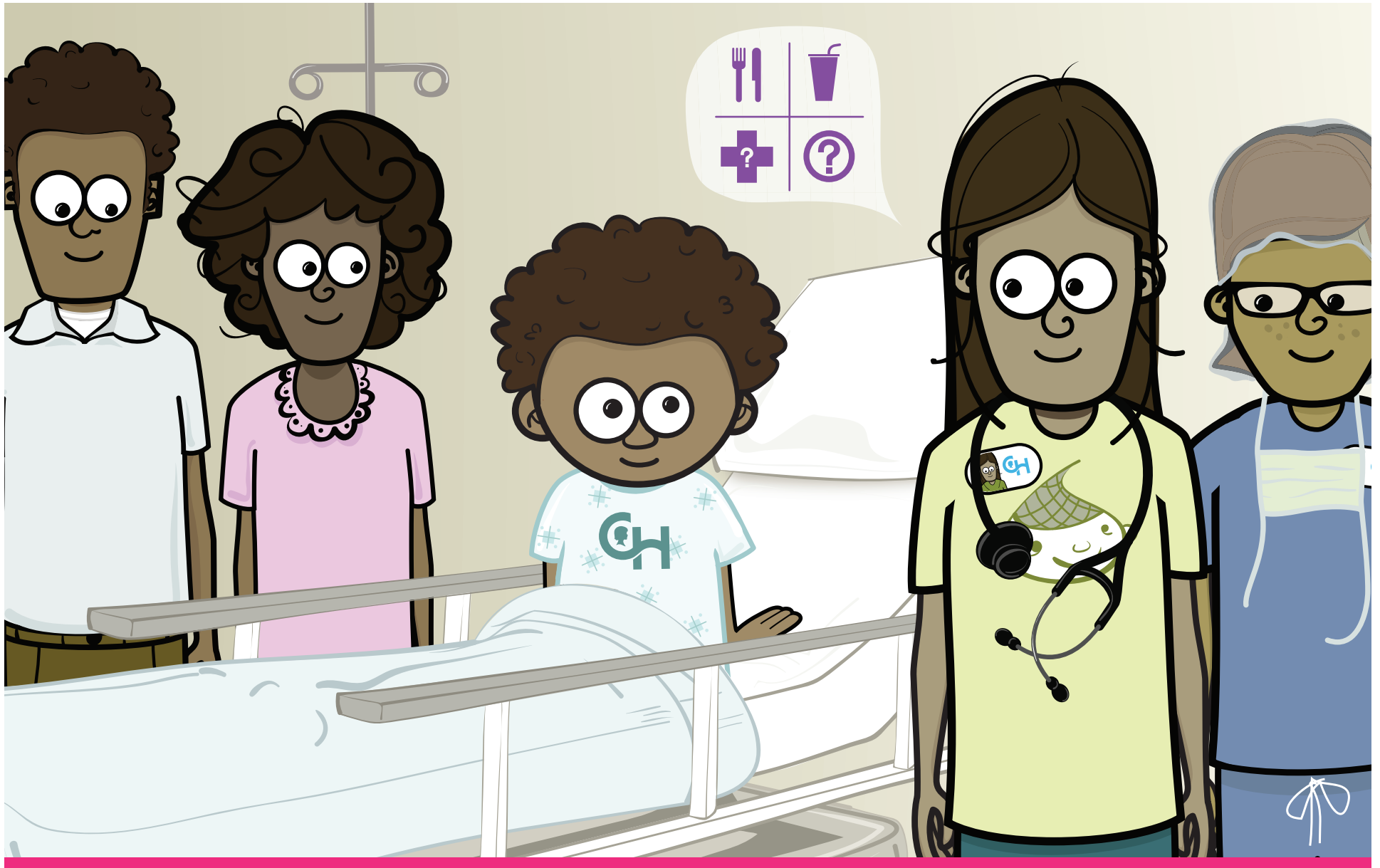
The nurse checks the oxygen in my body with a pulse oximeter. It looks like a Band-Aid wrapped around my finger with a red light. It can also be put on my toe.



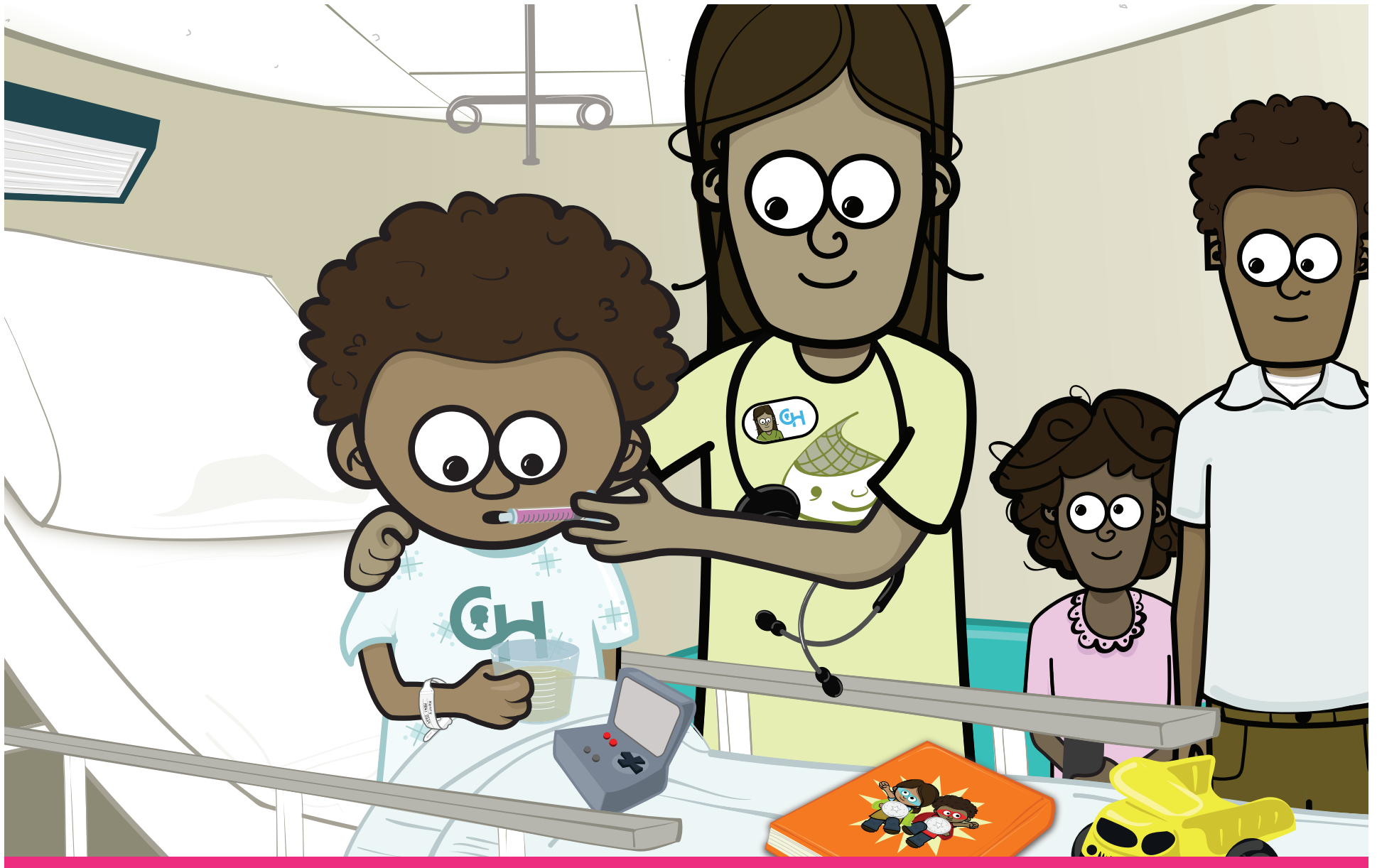
The nurse listens to my heart and lungs with a stethoscope.
I am quiet and still so she can hear.



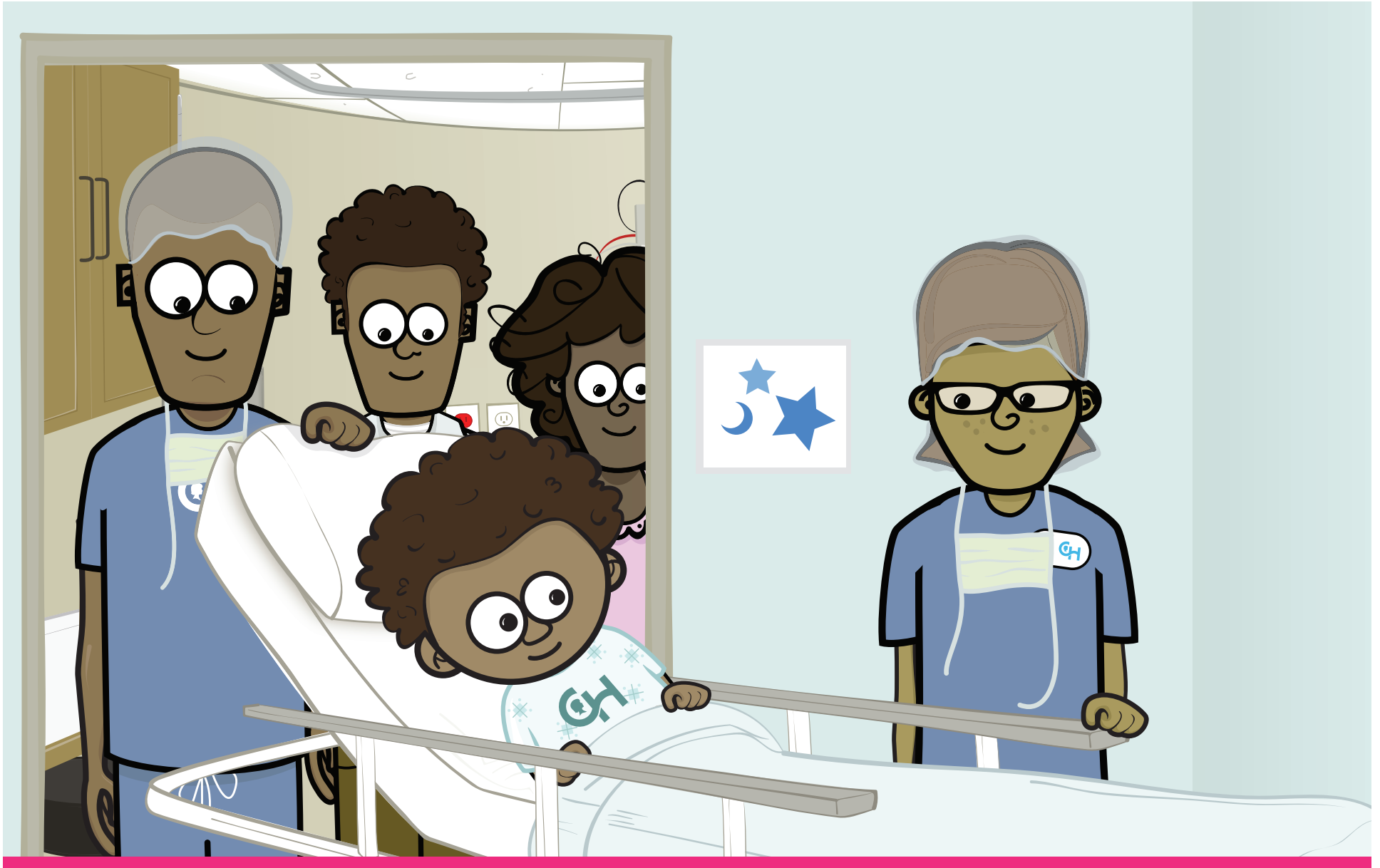
The nurse checks my temperature on my forehead.



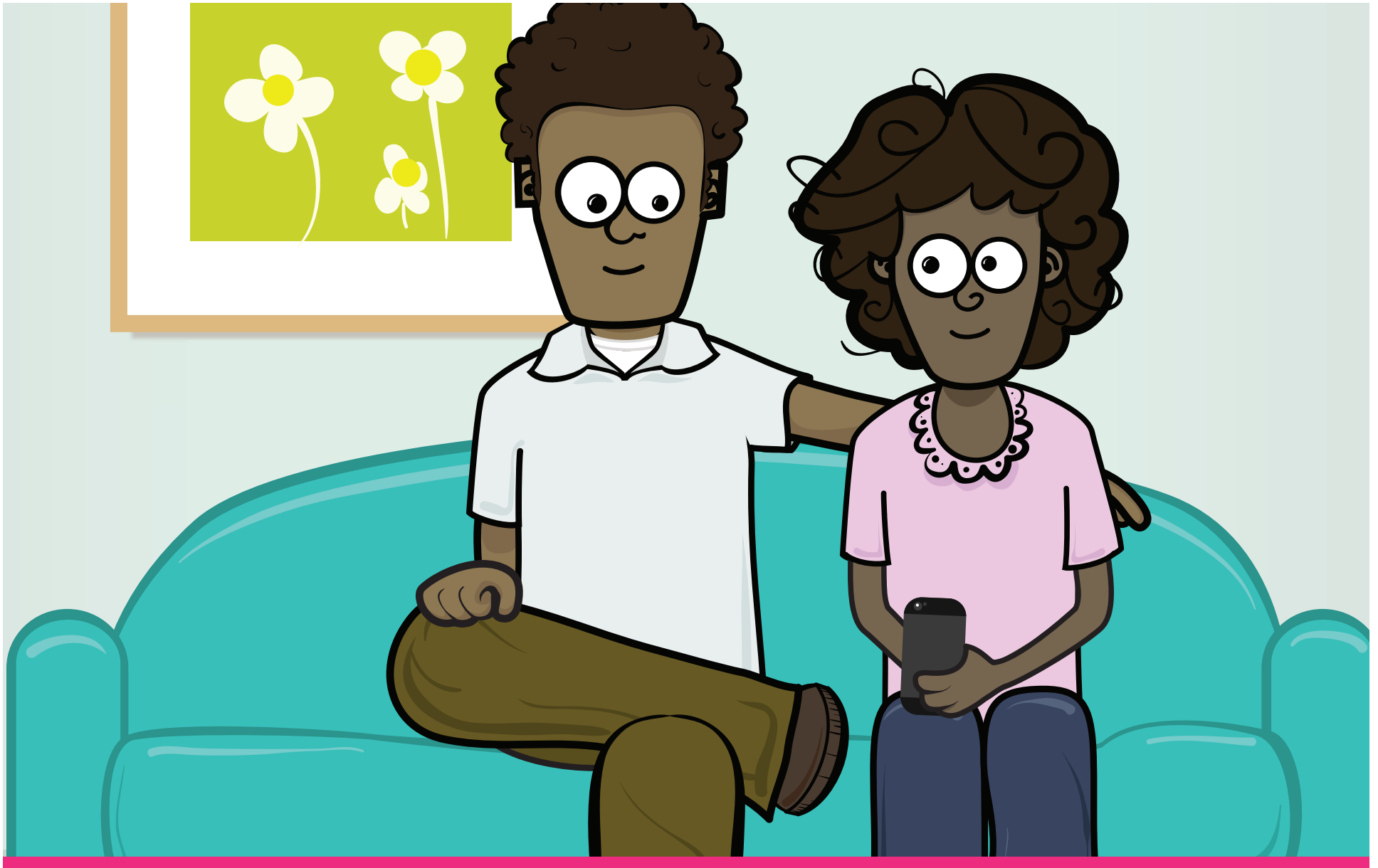
I meet some of the other nurses and doctors who are taking care of me. They ask my parents questions. My parents and I ask questions too. If I want, I can play, color or watch a movie.



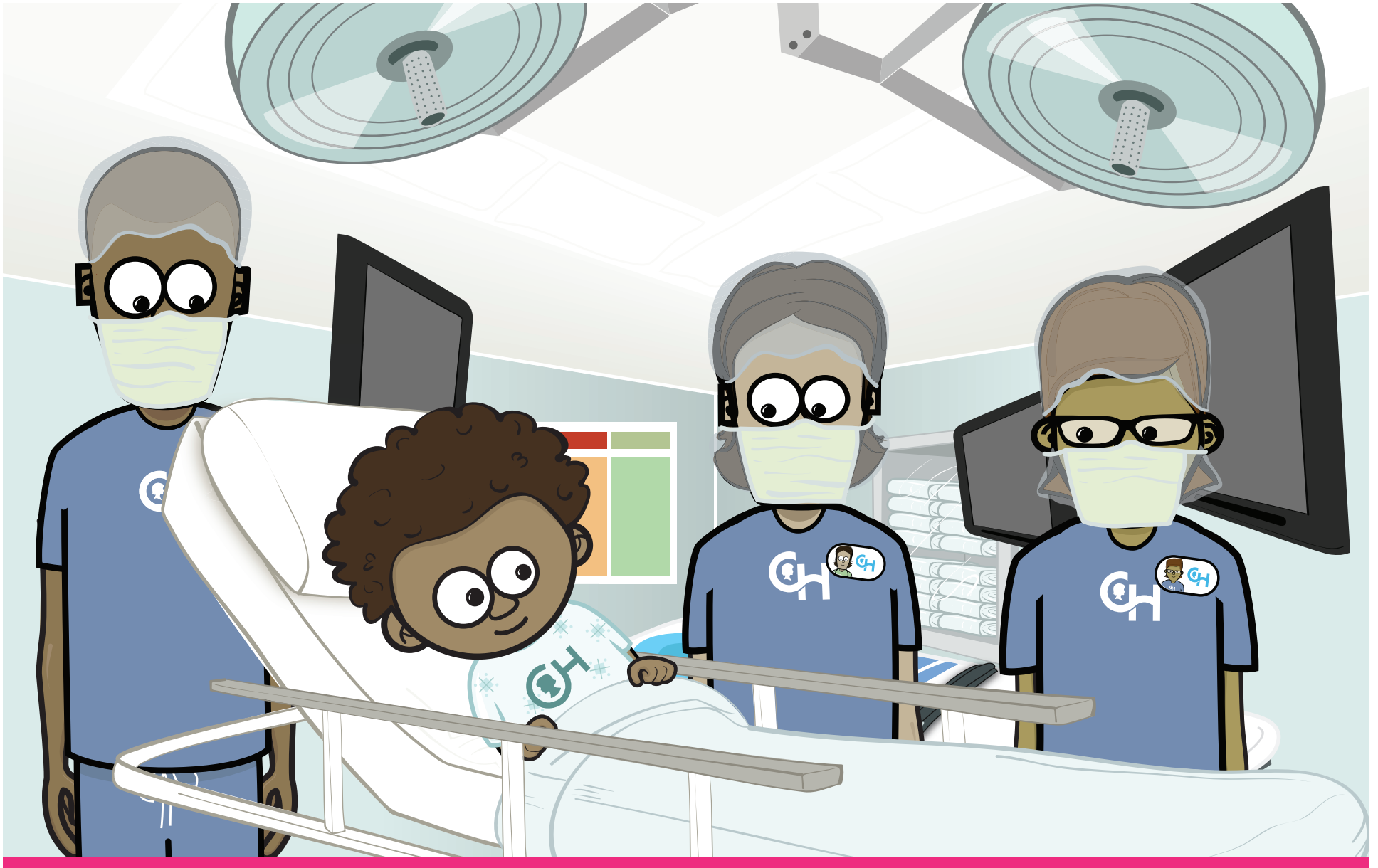
When it is almost time for my surgery, I drink medicine to help me feel calm.



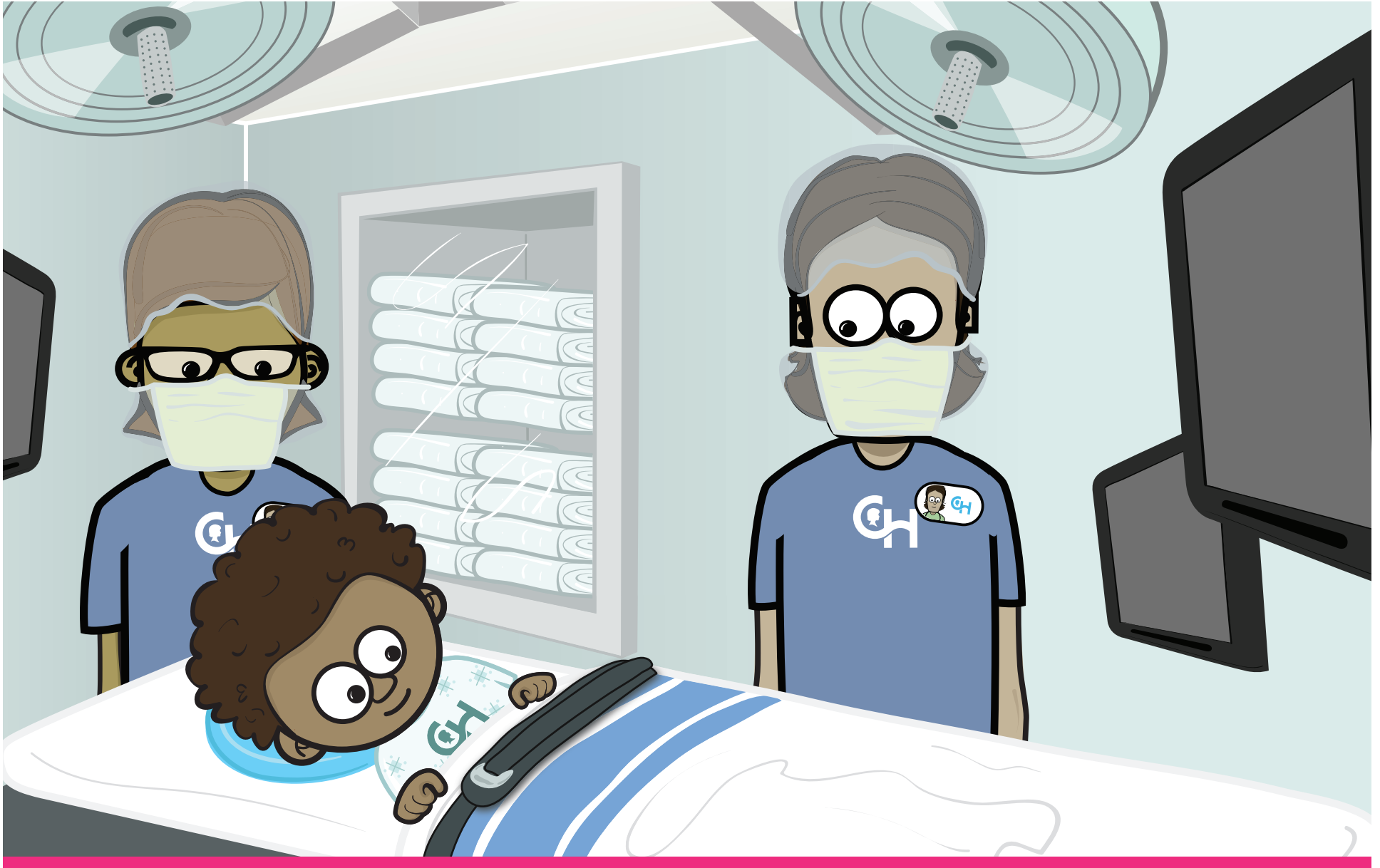
I say “See you soon!” to my mom and dad. They go to the waiting room.



This is the waiting room where my family stays during my surgery.
When my surgery is over, they will come to see me.



In the operating room, there are other nurses and doctors.
They wear hats to cover their hair and masks to cover their mouths.



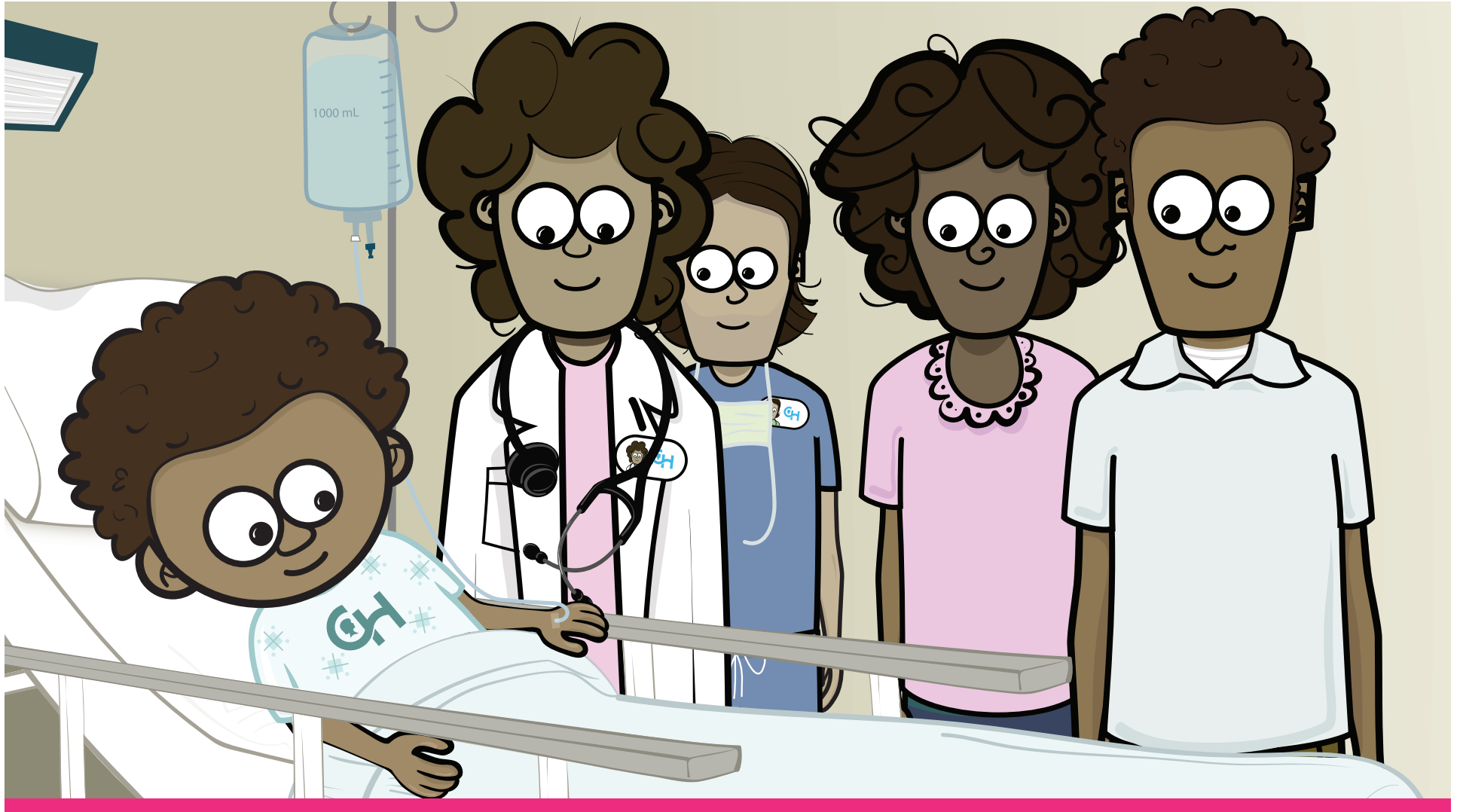
My nurses help me move to another bed. They put a seatbelt across my belly to keep me safe, just like in the car.



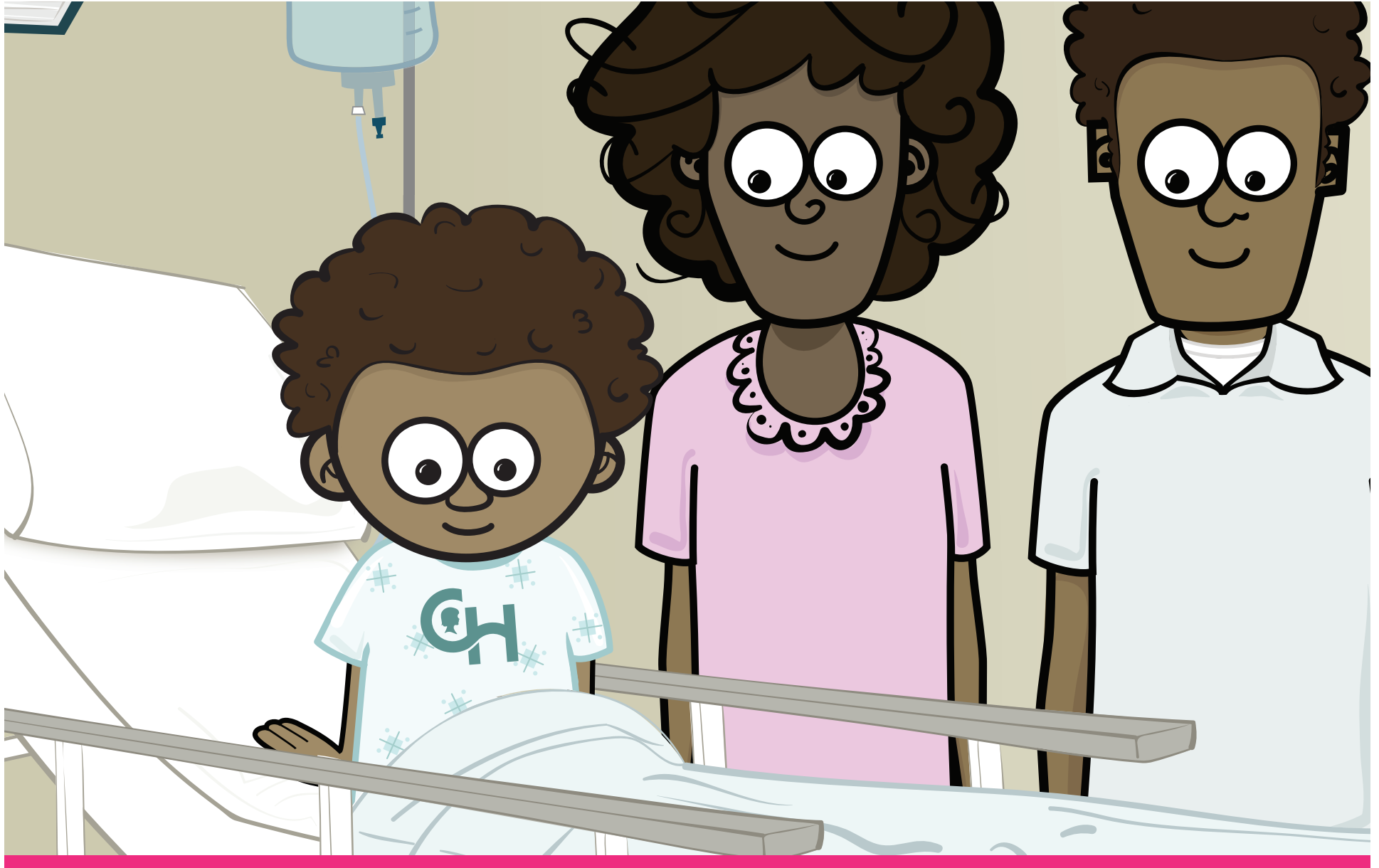
The nurse checks my blood pressure and oxygen again — just like earlier today. I also have 3 cold stickers called leads put on my chest. They count my heartbeat.



The anesthesiologist is the doctor in charge of the sleepy medicine. The sleepy medicine is called anesthesia. He puts a soft mask over my nose and mouth. I breathe the anesthesia air and feel sleepy. After I fall asleep, my surgery begins. I don't see, hear or feel any part of my surgery.



When my surgery is finished, my nurse brings me to the wake-up room. I wake up and see my family. I have an IV in my hand. An IV is a small plastic tube put into a vein to give medicine. My IV was used to give me sleepy medicine.



After I have a drink, my nurse takes out my IV. When it is time for me to leave, I get dressed and go home.



Thanks for learning about my day having surgery!
If you have any questions, ask one of your caregivers.

Discussion Topics for You and Your Child

- What do you think the hardest part of having surgery will be?
- What would make this part easier?
- What do you think will be the best part about having surgery?
- Who will come with you on the day of your surgery?
- What questions do you have?