



# Paediatric Surgical Booklet

for Parents and their Children



Please have this Booklet available when you are contacted by GBHS for your Child's **Pre Surgical Screening** discussion (or visit)

The purpose of this booklet is to prepare you and your child for their upcoming surgery visit and recovery time. Surgeries are usually done early in the day and the child returns home later that same day. This means less disruption for your family and allows your child to recover in the familiar comfort of home. The length of time the child stays in the hospital following surgery varies. This time can range from 2 hours to an overnight stay in the hospital. The decision as to whether you child may need to spend the night at GBHS will be based on your surgeons direction.

### **Preparing Your Child for the Hospital**

Talking with your child about what happens at the hospital helps to prepare them and reduce their fears. Children respond best to honest information, therefore, they should be told that they are going to the hospital. It is important for them to know that you will be with them, and that they will go home the same day or for some children, the day after.

Children who are prepared for what they will see and do on the day of surgery cope better than those who are not prepared. All children over the age of three need some explanation about why they are having surgery. For young children it is enough to know that they are going to a hospital - a special place where people can help kids get well. Older children will have specific questions. Try and answer them as best you can. This booklet will help.

### **Helpful Tips When Preparing Your Child for Surgery**

- Children are interested in the sights and sounds that occur with new events. As some children are nervous about giving up their clothes and changing into a hospital gown, it may be easier if they know that the gown is something all children wear at the hospital and it has "special ties" at the back.
- Doctors and Nurses will seem friendlier to the child who expects to see them in green or blue shirts and pants, wearing masks and caps in the Operating Room.
- Books are often a very good way to learn more about your child's fear and fantasies. The Grey Bruce Health Services Resource Library and your Public Library are good sources of children's books about hospitals and surgery.



## Information for Parents

- A parent or legal guardian **must accompany the child** on the day of surgery and **stay in the hospital** until the **child is discharged**.
- Please arrive and register on time on the day of surgery at REGISTRATION on the Main Floor of GBHS. Late arrival will cause delays and may result in cancellation of surgery.
- Please arrange for other children to be cared for on the day of surgery. We do not have day care facilities.
- Please bring a list of medications that your child has taken in the last week. This would include non-prescription drugs such as Tylenol and cough medicine.
- ***Aspirin, or anti-inflammatory drugs should not be given two weeks prior to surgery and only on the advice of your doctor after surgery. One of the effects of these drugs is that blood does not clot quickly.***
- Your child should not wear make-up, **jewellery** or **nail polish** the day of their surgery.
- Your child may bring a favourite toy or item to take to the Operating Room.
- Other parents have found bringing in a packed lunch for themselves useful.



### Pre-Surgical Screening Clinic (Before surgery)

Your Surgeon's office will mention to you that you will be contacted by the GBHS Pre-Surgical Screening Clinic (PSSC) Staff for a phone interview. Your child and you may be required to have an appointment to speak to a Registered Nurse and an Anesthesiologist at the hospital's Pre-Surgical Screening Clinic (PSSC). **NOTE:** If you have not been contacted by anyone from the GBHS PSSC 48 hours prior to your child's surgery, **PLEASE contact** the Pre-Surgical Screening Clinic, Monday to Friday 8:30 a.m. to 4:00 p.m. at 519-376-2121, Ext. 2247

It is **important** that **you and your child attend** this clinic **if required**.

During this visit, your child's height and weight will be taken as well as health history completed. The Pre-Surgical Screening Clinic Nurse will discuss your child's upcoming surgery with you and will answer any questions you may have. Pre-operative (before surgery) feeding instructions are important. The Nurse will review these instructions with you.

If your child takes medicine by mouth for a medical condition, **ask your doctor** what should be done **before surgery** during the time when no food or drink is allowed. If your child is taking inhalers or aerosol masks continue on a regular schedule.

## Before the Day of Surgery

Notify your Surgeon's office if your child becomes ill, for example, with a cold or has a high fever or has been in contact with any communicable diseases within the past few weeks (i.e. chicken pox)

The night before your child's surgery your child **must not eat** anything after 10 pm  
Your child may not have anything to **DRINK** after \_\_\_\_\_

If these guidelines are not followed correctly, your child's surgery will be delayed or cancelled. Your child will be having a general anesthetic (going to sleep).  
It's **very** important that these instructions be followed for your child's safety.

Your child's **Day of Surgery** will go something like this...

- Check in with Patient Registration (main floor @ GBHS) at the time you have been given by your surgeon's office to arrive. Depending on the time of your arrival you will be given directions on how to get to Day Surgery Department or guided by a volunteer.
- A Nurse will take your child into a room where they will put a name band on your child's arm and take his/her temperature, pulse and blood pressure. You may help your child undress and put on a child's hospital gown. The Nurse will ask you questions about your child's health and talk to you about the surgery. The Nurse may give your child Tylenol or Advil (or both) before your surgery to help with the potential pain afterwards. The nurse will answer any questions you might have. Please plan on a 1 to 2 hour wait. Relaxing chairs are available. Some parents bring a few books and toys along with them to help their child pass the time.
- Once your child is ready to go they will be asked to use the toilet just before going to the Operating Room waiting area. A Day Surgery staff member will take you and your child to the Operating Room waiting area. Your child may walk or be carried by you.
- You and your child will meet your OR Nurse, the Anesthetist and your Surgeon before the operation, and any questions you may have will be answered at that time. When it's time for your child to go to the actual operating room theater, parents **cannot** enter the actual Operating Room where the surgery will take place. We understand that this may be a difficult time for both you and your child. It is helpful to talk to your child about this ahead of time and prepare yourself as well. ***A brief kiss/hug and a "see you later" help during this separation time.***
- Children are very gently anaesthetized (helped to go to sleep) for their procedures. After your child is asleep for most procedures, medication will be given through a small tube in the vein (or I.V.) This tube will remain in place until your child wakes up and is able to drink enough fluids on his/her own (usually when he/she is ready to go home).

Note: There are procedures such as Ear Tubes that may be completed without an IV

- Once your child goes with the OR Nurse to the room where the surgery will be done, please go and register with the volunteer at the Surgical Waiting area on the 3rd floor (big window area) near the Operating Room. This will ensure you can be contacted when your child is out of surgery

### **Waking up in the Recovery Room after Surgery**

- After surgery, your child will be taken to the Recovery Room where he/she will stay until fully awake from the anesthetic. Children usually stay there for an hour or two depending on the type of surgery they have had. You will be called to the Post Anesthetic Care Unit (PACU) when your child is recovering and ready for a **"snuggle"**
- Once its time, your child will travel on their stretcher from the PACU to the Day Surgery department or to the children's in patient area (3-1)
- For our tonsillectomy patients, your child may have some nasal oozing. The oozing may look clear or blood streaked.
- An oxygen mask may be used to provide moisture to your child's throat.
- Your child may be cranky, pale-looking, weepy and sleepy, have sore ears and throat or belly and be angry. They may also have a high pitched voice from the surgery. Their voice will return to normal.
- For tonsil and adenoid surgery, the nurse may check your child's throat using a flashlight if they have had tonsil surgery. The Nurse will also take your child's temperature, heart rate, breathing rate and blood pressure. Sometimes during the surgery, medication is used in the throat that leaves a greyish / white coating.
- Together, you and the Nurse will give your child the fluids and medicines they will need. Once your child is able to drink freely and not vomit, the nurse if your child has an IV, will remove it.
- It is important that the patient be encouraged to drink some fluids in order to avoid dehydration. You may have to encourage your child to drink fluids more than you normally would. Pain relieving medicine will be given to your child soon after he/she arrives in the recovery room.
- **Nausea and vomiting are common after some surgeries.** If your child vomits, notify the Nurse right away! The Nurse will want to check the vomit for fresh bleeding and the amount of fluid lost.

- For tonsil procedures it is common to see dark brown, or reddish-brown mucous in the vomit, during the first hours after surgery. Children vomit because old blood swallowed during surgery can upset the stomach.
- Procedures such as **Tonsils** are in the recovery area **for 2-4 hours. Hernia or Adenoid** surgery are in the recovery for **about 2 hours**. The clock starts from the time they arrive in Recovery Room (PACU). After those times, provided there are no complications and your child is able to swallow fluids and if your surgeon has not indicated your child is to be admitted to the hospital your child will be ready for discharge.
- If your child is going to be admitted to the hospital after their surgery, be prepared to spend the remainder of the day with your child. You know your child best, and your child will feel more comfortable with you.  
If your child is to stay overnight, he/she will be moved to the Women and Child Care Unit (3-1) to stay overnight. A cot will be provided for you to stay overnight as well. Children who stay in the hospital overnight are checked by the Nurse regularly during their stay including throughout the night. Plan on going home later the next morning.

### **Heading Home after Surgery**

- In most cases, only children with chronic disease such as sleep apnea, seizure disorder or cerebral palsy will stay overnight for observation. All other children are discharged if no complications, unless ordered to stay longer or even overnight. Some children with Obstructive Sleep Apnea and are not within 20 min drive from a hospital **may be required to be admitted** or stay in a local hotel.  
**NOTE:** Those children who live outside a 35 km radius of the hospital may be required to stay in a local hotel/motel. Most local hotels give special reduced rates. Inquire when making reservations.

### **PLEASE ARRANGE FOR SOMEONE TO DRIVE YOU HOME SO THAT YOU MAY TAKE CARE OF YOUR CHILD DURING THE DRIVE.**

- Before going home, the Day Surgery Nurse or In Patient Nurse will review your surgeon's instructions on:
  - Fluid intake
  - Diet
  - Pain
  - Activity
  - Sore throat
  - Dressings/band aids (if any)
  - Important phone numbers to assist you with your child's care at home

- For the car ride home, consider having available: a pillow, blanket, a box of tissues and a container to use if your child is sick.
- Pain can be managed with plain Tylenol or Ibuprofen as prescribed by your Surgeon. Giving the recommended medications prescribed will support pain control. Children treated with regular doses of pain relieving medication for the days following surgery, are more comfortable and recover better.
- At home, you may use Gravol suppository or oral Gravol for nausea and vomiting, as ordered by your Doctor. Gravol may also make your child sleepy. Any vomiting that doesn't stop 1 hour after Gravol is given needs to be reported to your Doctor. **If after tonsil or adenoid surgery bright red bleeding occurs at any time when your child vomits, come to the Emergency Department at the hospital.**

## GENERAL HOSPITAL INFORMATION

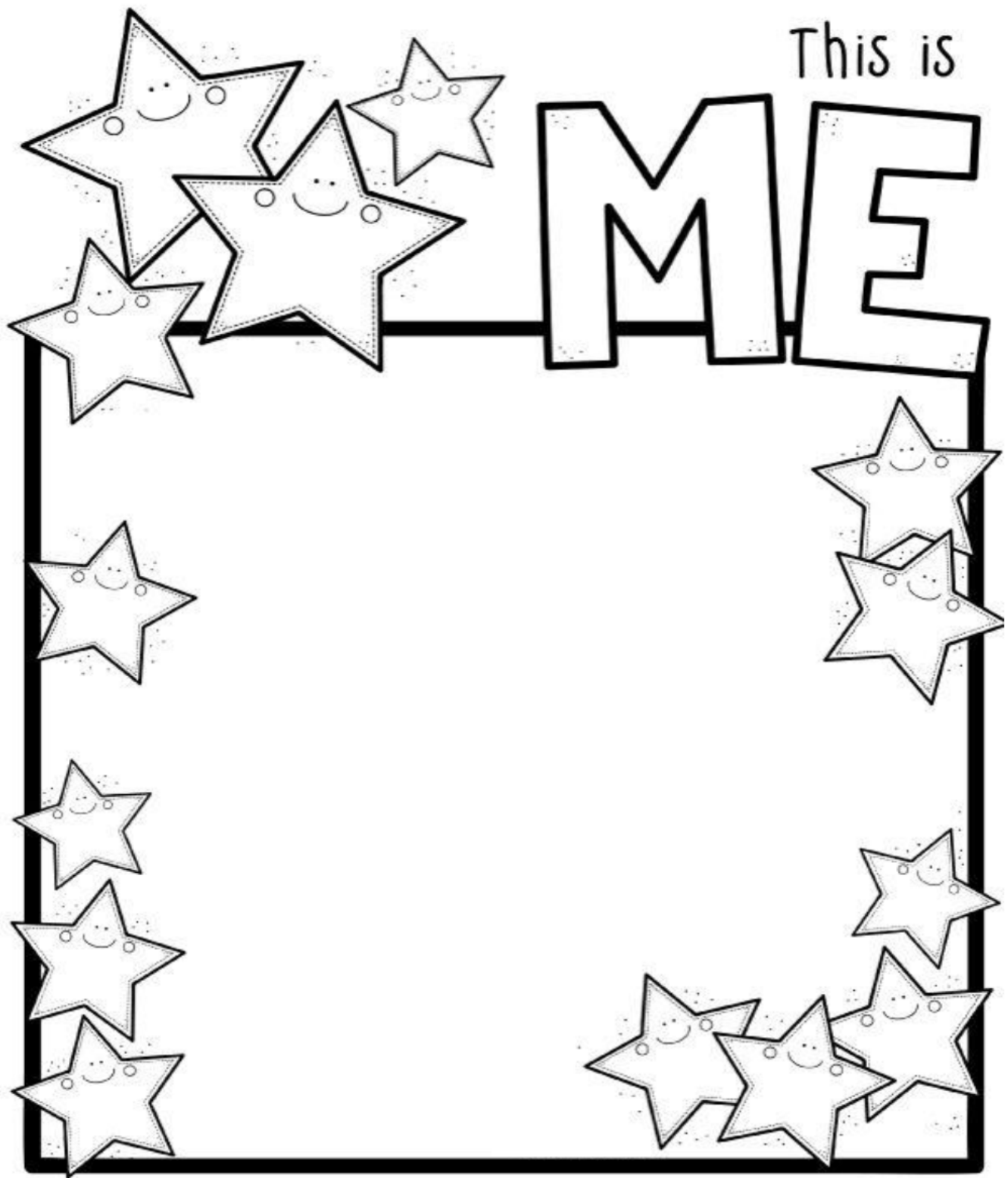
The Grey Bruce Health Services, Owen Sound site, is located at 1800 8<sup>th</sup> Street East in Owen Sound, Ontario. Telephone (519) 376-2121

- **Pay telephones** are located next to the Surgical Waiting Area (3<sup>rd</sup> floor), in the cafeteria and on either side of the elevators on the main floor (2<sup>nd</sup>).
- **Parking** is available on the premises for \$5.00 each exit.
- The **front doors of the hospital** are locked at 8:30 p.m. each night. After that time, enter and leave the hospital by the Emergency Department on the 2<sup>nd</sup> floor. The front doors reopen at 5:30 a.m.
- A **bank machine** is available in the main lobby.
- Hospital food facilities: The Cafeteria is on Level 1 and is open for lunch from 11:15 to 1:30 p.m.
- Tim Horton's Coffee Shop is located inside the cafeteria and is open from 6:30 a.m. to 6:30 p.m.
- The hospital has adopted a "**scent-free**" policy. We discourage people from wearing any scented perfumes, hair sprays, etc.

**Washrooms** are located across from the Surgical Waiting Area (3<sup>rd</sup> floor) and on Unit 3-1 for parents and patients in the Paediatric Surgical Short Stay Unit.

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NOTES:



We can't wait to meet you when  
you come to the Hospital.



