



Preparing for Your Child's Surgery

Welcome to Southern New Hampshire Medical Center! We are pleased that you have chosen us for your child's care. Below is important information to help you and your family prepare for your child's surgery.

Date of Surgery: _____

Date of Pre-Surgical Interview: _____

Important information:

We want to be sure your child is ready for surgery. **Your child's stomach must be empty before surgery.**

If your child is less than 12 months old:

- No solid food can be given *after midnight*.
- Breast milk or clear liquids can be given until *4 hours before the procedure*.
- Formula can be given until *6 hours before the procedure*.
- Then, clear liquids only, can be given until *3 hours before* the procedure. (A clear liquid is any liquid that you could read a newspaper through. Clear liquids include: water, apple juice, cranberry juice, clear sodas, Gatorade, Jell-O, and clear broth. **No** milk or milk products, orange juice or juices with pulp.)

If your child is 12 months of age or older:

- If your child's surgery is scheduled for 8:00 in the morning or earlier, your child can not have anything to eat or drink *after midnight*.
- If your child's surgery is scheduled after 8:00 in the morning, your child can not have anything to eat *after midnight* **or at least 8 hours before surgery**. Your child may have clear liquids up to 3 hours before surgery. See above for clear liquid examples.

- If you do not follow these instructions, your child's surgery could be delayed or cancelled.
- On the day of surgery, if your child is sick or if you will not get to the hospital on time, **please call 577-2450 and leave a message.**

Several days before your child's surgery:

- Use simple words to explain to your child why he or she needs surgery and what to expect during the hospital stay.
- Your child will need your attention on the day of surgery. It is best to find someone to care for your other children, at home or away from the hospital, on the day of surgery.
- Make plans for your child's return home. Stock up on clear liquid drinks. (A clear liquid is any liquid that you could read a newspaper through. Clear liquids include: water, apple juice, cranberry juice, clear sodas, Gatorade, Jell-O, and clear broth. No milk or milk products, orange juice or juices with pulp.)
- Plan for rest and quiet games and activities after surgery.
- After surgery, your child may be sleepy and unsteady. For your child's safety, we recommend another responsible adult drive you and your child home.
- You can expect a phone call from a nurse in the Pre-Admissions Department several days before the surgery. During the call, the nurse will review your child's health and medication history. For your child's safety, tell the nurse about any allergies your child may have to food, medicine, latex or anything else. Ask the nurse any questions you may have. During the interview you will get more information about preparing for your child's surgery.
- Please tell the Pre-Admission nurse your home phone number, cell phone number, and work number so we can reach you if the time of your child's surgery needs to be changed.

The day before your child's surgery:

For your child's comfort and safety, please follow the preparations below.

- You will receive a phone call from Surgical Services confirming the time of your child's surgery and when you should arrive at the hospital.
- The night before surgery, shower or bathe, and shampoo your child's hair. This will help your child feel better while recovering from surgery.

The day of surgery:

We want your child's day of surgery to go smoothly. Please arrive at the hospital at the time confirmed by Surgical Services. This time is usually 60-90 minutes before the scheduled procedure.

- Your child should wear comfortable loose-fitting clothes that are easy to remove.
- If your child needs to take medicine in the morning, follow the instructions of the Pre-Admission nurse or your child's doctor.

What to bring to the hospital:

We want your child to feel safe, secure, and as comfortable as possible. Please bring:

- A small, favorite toy or blanket
- Favorite DVD movie
- Extra underwear, diapers, or pull ups
- A clean, empty bottle or a sippy cup
- Pacifier, if child uses one
- Eyeglasses, if your child wears them
- A stroller if child uses one
- **Copy of court papers designating legal guardianship, if necessary**
- Health insurance, Medicaid, or prescription cards.
- A current list of all the medicines your child takes every day, including prescription medicine, over-the counter medicine, vitamins, herbal medicines and supplements. List the amount of medicine your child takes, how often your child takes it, and the last time the medicine(s) were taken.
- A list of your child's allergies to medicine, food or latex, or anything else.

What to do when you arrive:

- Check in at the Surgical Services Registration and Waiting Area on the second floor of The Medical Center. To get to the Waiting Area, take the Emergency Entrance elevators to the second floor. Our Surgical Services Waiting Room receptionist will greet you and review your child's information.

- A member of the Surgical Services team will escort you and your child to the Pre-operative area where your child will be prepared for surgery. This includes consents, identification bracelet, and vital signs. We may ask for more information. Many of the questions you were asked earlier will be asked again. This is a safety measure to make sure that all of the information in your child's record is correct. We encourage you to ask questions at any time during your child's hospital stay.
- You will meet with a member of the anesthesia team, a surgical nurse, and your child's surgeon before surgery. For your child's safety, the surgeon and surgical nurse will confirm the surgical procedure and verify the location of your child's surgery. Your child's surgeon will write the word "yes" on the correct side of the body and the location of surgery when appropriate.
- We do everything possible to see that your child's surgery starts at the time you were given. Unfortunately, sometimes there are delays we cannot control.
- You can follow your child's progress through surgery by checking a special TV screen in the Surgical Services Registration and Waiting area.

After surgery:

- Your child will be taken to the PACU (Post-anesthesia Care Unit).
- Our goal is to make your child as comfortable as possible. Our staff will try to have you with your child as soon as possible after surgery.
- Nurses will watch your child and closely monitor vital signs as your child wakes up from anesthesia.
- When your child is fully awake, has normal vital signs, and can drink liquids, he or she is ready to go home.

Going home:

- Your nurse will give you written instructions about how to care for your child at home. Make sure you understand all the instructions. Speak up if you have any questions, concerns, or do not understand something.
- For your child's safety, a transporter will take your child to the lobby in a wheelchair or your stroller where they will either meet you or the responsible adult who will be taking your child home.
- You may choose to fill prescription(s) at our pharmacy, located on the first floor of the hospital near the lobby. They can be picked up prior to discharge.

We are pleased that you have chosen Southern New Hampshire Medical Center for your child's surgery. If you have any questions about your child's care when you get home, call us in the PACU at 577-2460.

Use the space below to write any questions or concerns you have about your child's surgery.



A higher level of care is more than words. Our people make it happen every day.

