



What to Expect on
Your Surgery Day
at Seattle Children's
Surgery Center

A note for parents/caregivers:

This book was written for patients of different ages. Patients also have different reasons for surgery. Because of this, some sections may not apply to your child.

Read this first and choose what information you think will help them. Some children can cope with a lot of information. Other children become anxious when given too much information. You know your child best.

This book follows the process of falling asleep by breathing anesthesia through a mask. Although this is how most patients will fall asleep, for some children it is not the best plan. In some cases anesthesia will be given by IV. How your child will fall asleep will be assessed by the anesthesiologist on the day of surgery.

We encourage you to be as much a part of your child's surgery experience as possible. For most surgeries, you can be with your child until it is time to go to the surgery room and again when they are brought out of the recovery room.

If you have more questions or would like to schedule a Child Life consult (includes medical play and/or a tour), please contact:

Seattle Children's Surgery Center
Child Life Specialist
206-987-4672



You will be having surgery. Many kids come to this same place to have surgeries, too.

You might have a lot of questions. Read on to learn what your day will be like.

Who do you think you will meet?
What are they going to do?



First, you check in at the registration desk. You will get an ID bracelet that has your name and birthday on it. The Surgery Center team will ask to look at your ID bracelet a lot today.

If you brought a stuffed animal with you, it can have a bracelet, too.

Count how many people ask to look at your ID bracelet today.

Then you will walk to the Surgery Center. You will check in at the desk. Your parent or caregiver will get a phone or pager. Your surgery team will call or page your family to let them know when your surgery is done. (The pager will vibrate or beep.)

After checking in, you go to the waiting area where you can sit and read, play a video game, or listen to music you brought from home.





When it is your turn, a nurse's assistant will call your name. You and your family (1 or 2 adults) will walk to a private room. This is where you will get ready for your surgery.

Along the way, you will see more nurses and doctors. They will be wearing hats and hospital clothing called scrubs. Scrubs help keep everything clean and keep germs from spreading.

The nurse's assistant will:



Measure how tall you are.



See how much you weigh.

Can you guess how tall you are
or how much you weigh?



In your private room there is a big chair, a TV and medical equipment.

This is also where you will change into a hospital gown and socks.

The nurse's assistant may give you some warm wipes to use on your skin when you are changing into your gown. These wipes make sure that your skin is very clean.



Here, you can sit on your family member's lap, read, listen to music, play with a toy, or watch TV.

The nurse's assistant will take your temperature and blood pressure.



A blood pressure cuff measures how strongly your heart is pumping.

A high body temperature is a sign that your body is fighting an infection or illness.



To take your temperature, the thermometer brushes across your forehead and beeps when it gets to your ear – that's it!



A nurse will come in and ask questions, like when you last ate and how you are feeling.

If you made a Surgery Day Plan (see page 23), this is a good time to share it.

So that you do not feel anything during surgery, you will be in a deep sleep. To do this you will be given sleep medicine called anesthesia.

A doctor called an anesthesiologist gives you the sleep medicine and makes sure you stay safe and asleep during your surgery.

When you meet this doctor, they will ask questions and use a stethoscope to listen to your heart and lungs. They will decide the best way to give you your sleep medicine.



Watch a video about anesthesia



youtube.com/watch?v=AX69gw7HMCA



For most surgeries, kids fall asleep by breathing the sleep medicine. To do this, a small mask fits over your nose and mouth. The doctor will attach the mask to a tube that gives you air and sleep medicine. Some kids say the mask feels soft and squishy.

You might get to pick a smell to put inside your mask. Which flavor will you choose?



Strawberry?



Orange?



Bubblegum?



Root beer?

It is normal to feel nervous or worried about surgery. Sometimes the anesthesiologist can give you medicine to help you relax. You would drink this medicine from a cup or a syringe.



Often, kids bring a favorite stuffed animal or blanket from home to comfort them until they go to the surgery room. What will you bring with you?



When it is time, you will walk or ride in a wheelchair to the surgery room. Your family will wait nearby.



Here, you will meet more people who will take care of you during your surgery.

Your team gets ready by putting on masks, gloves and hats to help keep germs from spreading. You lie down on a bed where they will put a warm blanket and seat belt over you. They may put stickers on you to help listen to your heart or tell how much oxygen is in your blood.





When it is time to go to sleep, the mask will go on your face. When the sleep medicine starts, you breathe in and out like you always do. You will fall asleep quickly!

Some kids want to listen to music as they fall asleep. Some like to help hold the mask. Some like to hold hands. And others like to play a video game or watch a movie.

What do you want to do as you fall asleep?

After surgery you will be taken to the recovery room. Since this is where kids wake up after surgery, some people call it the wake-up room. You might hear or see other patients who are finished with their surgeries. A nurse will be there to take care of you as you wake up.

After surgery you might feel sleepy, dizzy, uncomfortable or even sick to your stomach. You might feel just fine.

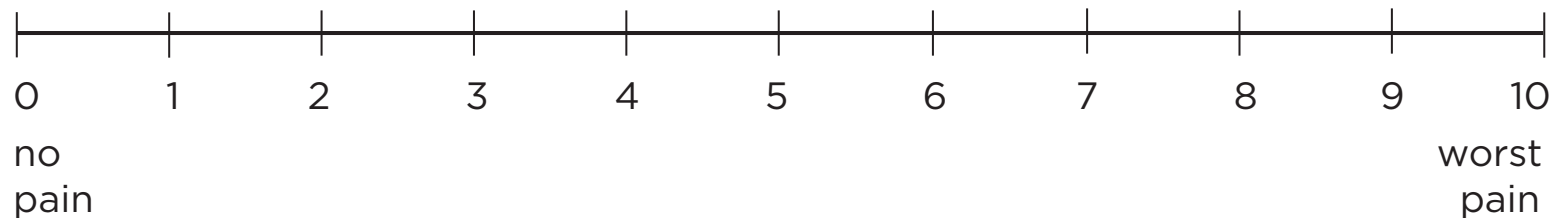


The nurse or doctor will ask if you have any pain. Here are two ways you might show how you are feeling.

You might be asked to point to the face that best matches how you are feeling.

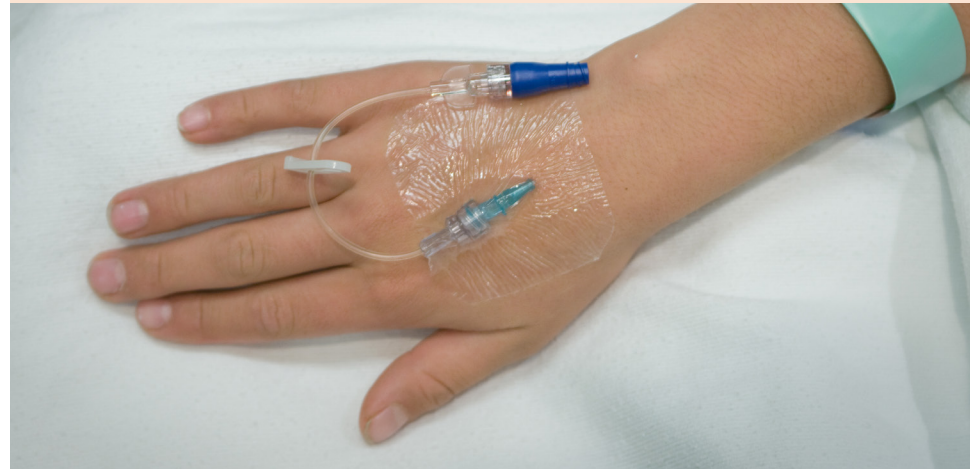


Or you might be asked to use numbers to tell them how you are feeling —
0 means nothing hurts and 10 means you hurt a lot.



When you wake up, you might have a tube taped to your skin. This is an IV (intravenous) tube. It is small and flexible, and it goes under your skin into a vein. It gives your body medicine and water during surgery.

You can move, but do not pull the IV out. Your nurse will gently take it out when it is time.





Once you are awake, you will be rolled back to the private room on the bed. Your family will be waiting for you.

If you are staying overnight you will be taken to your hospital room.



You will sit in the big chair again and have a drink or a popsicle. A nurse will come in to see how you are feeling.

What is your favorite popsicle flavor?

After you are able to drink or eat a little, the nurse will take out your IV. Then you can get dressed. Once the nurse talks to you and your family about taking care at home, you are ready to go!





Everyone gets a ride out!

We hope this has helped you know what to expect on your day of surgery. We are happy to answer any questions — feel free to ask!

It really helps to think about what jobs you will have on your surgery day and what things you can do to help stay relaxed. Use the Surgery Day Plan on the next page to plan your visit, or make your own plan — whatever works best for you!

My Surgery Day Plan

For your surgery day, think about what jobs you will have and what will help you relax. Make a plan for your visit. Share this with your surgery team!

On my surgery day I will bring a comfort item:

- favorite books
- a favorite toy
- _____

While I wait for surgery I will:

- talk to my family
- play a game
- watch TV
- draw, color or read
- _____

As I fall asleep I would like to:

- have a flavor in my mask
- listen to music
- help hold the mask on my face
- see how high I can count before I fall asleep
- _____
- _____

When I wake up I would like to have a treat of:

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.



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PO Box 5371
Seattle, WA 98145-5005

206-987-2000
1-866-987-2000
(Toll-free for business use only)
1-866-583-1527 (Family Interpreting Line)

www.seattlechildrens.org

Cover art: Family Voyage sculpture by Marvin Oliver

Page 18: Faces Pain Scale – Revised (FPS-R) (2001) Hicks CL, et al. References available upon request.

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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