



What to Expect on  
**Your Surgery Day**  
at Seattle Children's Bellevue  
Clinic and 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 a part of your child's surgery experience. If possible, do not bring other children to the surgery center. If you do, please arrange to have an adult with them at all times. Healthy siblings ages 3 to 11 may go to the Sibling Playroom on the second floor, but they must be potty trained.

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 Bellevue Surgery Center  
Child Life Specialist  
206-884-9234

## **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.



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 desk. You will get an ID bracelet that has your name and patient information on it. The surgery center team will look at your ID bracelet a lot. 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.

After you have checked in, you go to the Pause Area. You can sit on the couches and read or listen to music you brought from home.

In the playroom you can do crafts, or play with our toys or a video game while you wait.





When it is your turn, a nurse will call your name. You and your parents or caregivers (1 or 2 adults) will walk to the induction room. This is where you will get ready and fall asleep for your surgery.

Along the way, you might meet some more nurses and doctors. They will be wearing hats and hospital clothing called scrubs. Scrubs help keep everything clean. This also keeps germs from spreading.



Can you guess which person in the picture is a doctor, nurse, or Child Life specialist?

Your nurse will:



Measure how tall you are.



See how much you weigh.



Take your temperature.

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



Your induction room will look like this. It has medical equipment and a TV to watch movies while you are there. You will meet your surgery team, too. You will fall asleep on a bed like this one.

While you are here, you can sit on the bed or a family member's lap. If you want to, you can read a book, listen to music, color, or play with your toys.



Often, kids bring a favorite stuffed animal or blanket from home to comfort them while they fall asleep. What will you bring with you?



You will also put on a hospital gown in this room.

Next, your nurse will take your blood pressure and ask some questions, like when you last ate and how you are feeling.



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

If you made a Surgery Day Plan (see page 19), 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.

It is the job of your anesthesiologist to give you the sleep medicine and make sure you stay asleep during your surgery.

When you meet, the anesthesiologist will also ask questions and then listen to your heart and lungs with a stethoscope.

They will decide the best way to give you your sleep medicine.



Watch a video about anesthesia



[youtube.com/watch?v=AX69gw7HMCA](https://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 get to pick a smell to put inside your mask.  
Which flavor will you choose?



**Strawberry?**



**Orange?**



**Bubblegum?**



**Root beer?**

When the sleep medicine starts, all you do is breathe normally. 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 in the recovery room. Because this is where kids wake up after surgery, some people call it the wake-up room. A nurse will be there to take care of you as you wake up.

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

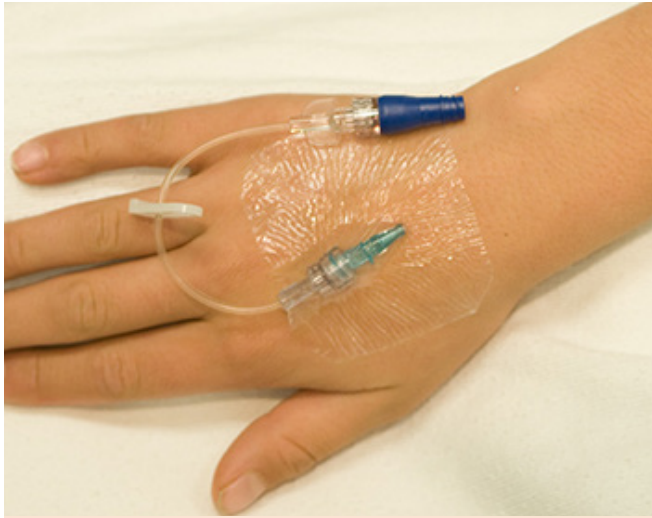
The nurse or doctor will ask if you have any pain. Here are two ways you might show how you are feeling.

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.



Your nurse will offer you something to drink or a popsicle. 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 — 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.

On my surgery day I will bring a comfort item:

- favorite books
- a favorite toy
- \_\_\_\_\_

As I fall asleep I would like to:

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

As I fall asleep my family's job will be to:

- hold my hand
- sing me a song
- rub my head
- \_\_\_\_\_

When I wake up I would like to have a popsicle:

- Yes. Flavor: \_\_\_\_\_
- No

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Cover art: Illustration by KittenChops

Page 16: 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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