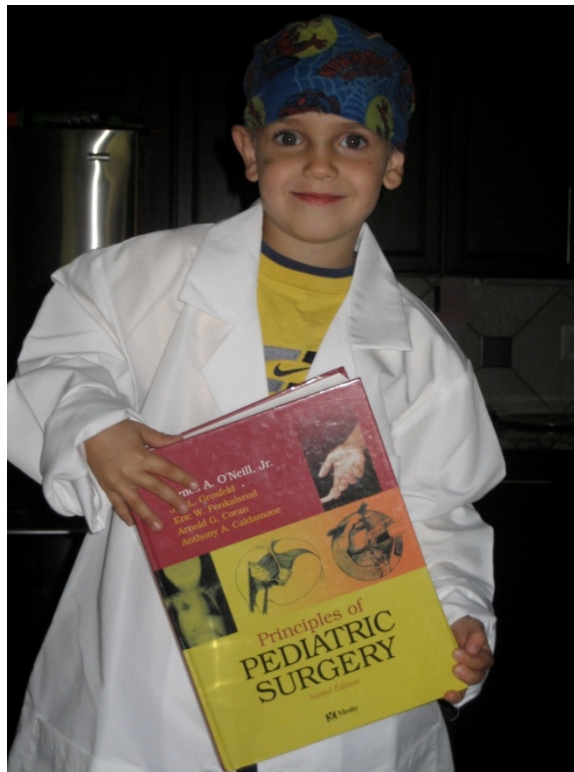


**A PARENT'S GUIDE TO PEDIATRIC DAY SURGERY
AT
PROVIDENCE MEDICAL CENTER**



Pre-Admission Appointment, Tours and Pre-Registration

If pre-admission testing is required, please call us to help coordinate your child's pre-admission testing. Please call us about a week before the scheduled surgery date.

If you or your child would like a tour of the Providence day surgery area, please call our Child Life Team at 212-3014 to schedule. All tours are done **PRIOR** to the day of surgery.

Please call 212-3149 to Pre-Register any time before your surgery day.



The Night Before and the Day of Surgery

To help prevent vomiting or choking on undigested food or fluid, you will be instructed not to give your child anything to eat or drink a few hours before surgery. The exact length of time will depend on your child's age and your Surgeon's instructions. If you or your child do not follow the guidelines the surgery will need to be rescheduled for safety reasons.

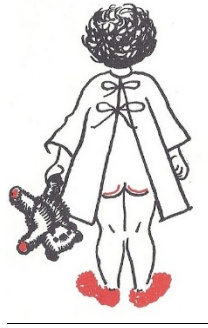


In general, guidelines for elective surgery are:

- * 8 hours before surgery: No more solid food. Clear liquids only
- * 6 hours before surgery: No more formula – Clear liquids only
- * 4 hours before surgery: Nothing by mouth including breast milk and clear liquids.

Our office will call you the day before surgery to give you instructions specific to your child.

Pre-Operative Preparation in Pediatrics



Plan to arrive at the hospital at least 2 hours before your child's scheduled time of surgery. We encourage you to bring your child's favorite toy or blanket to provide a sense of security. Our Child Life Specialist may also be available to help make your child's experience as pleasant as possible.

When you arrive at our Day Surgery Department, your child will change into a hospital gown, which is kind of like pajamas! The nurse will measure your child's vital signs (temperature, pulse, blood pressure and weight).

Be prepared to review:

- *Recent health history like cough or colds
- *Allergies
- *Prescriptions and over the counter medications
- *Past experiences with anesthesia and the experiences of family members.

Anesthesia

Your child's Anesthesiologist will come to the day surgery department to discuss the surgery and anesthesia. The Anesthesiologist and nurse will explain everything in terms that you and your child will understand. This visit provides an opportunity for all family members to ask questions and voice concerns.



Some children require medicine to calm them before surgery. This medication may be given by mouth, injection or rectal suppository. The Anesthesiologist will determine the type of medication and when it is administered during the pre-operative visit.

In the operating room

In most cases your child will be sleeping after only a few breaths of anesthetic gas, and in our younger patients, no needle sticks will be performed until he or she is fully asleep. Throughout surgery, special pediatric specific equipment will be used to monitor your child's breathing, pulse, blood pressure, body temperature and other vital signs. During the entire procedure, the experienced Operating Room Nurses and Board Certified Pediatric Anesthesiologists will monitor your child very closely and carefully.



While your Child is in Surgery

The waiting area around the Day Surgery reception area is available for you to relax and wait during surgery. The cafeteria and coffee carts are easily accessible and you can bring a snack to the day surgery area while you are waiting.



Once surgery is completed, you will be brought to a private room and the Pediatric Surgeon will talk to you about the surgery and answer any questions you may have.

After Surgery

After surgery your child will be taken to the Post Anesthesia Care Unit (PACU), where a PACU nurse will oversee his or her recovery from anesthesia. Special equipment monitor your child's vital signs. If necessary your child will be given intravenous fluids and pain medications.



One parent will be allowed in PACU as soon as your child is awake. Your child may experience some side effects from the anesthesia, such as nausea vomiting or sore throat (from the breathing tube).

Children awake from anesthesia at different rates. Some may be fully alert when they arrive to PACU, while others may be groggy for several hours after surgery. Both are normal.

Back to the Day Surgery Unit



Your child will be transferred back to the Day Surgery department as soon as the anesthesiologist and the PACU nurse determine that he or she is ready.

The nurses in the Pediatric Unit will continue to monitor your child's vital signs and recovery. If your child has no nausea, you may be allowed to start providing clear liquid and gradually progress to a regular diet as instructed by the surgery team.

Your child will be discharged once the Pediatric Surgery Team has determined that is safe to do so. Before you leave the nurse will provide you with written instructions. You may wish to fill prescriptions, if any, at this time. Be sure to review the instructions and ask any questions you may have before leaving. You could also make your follow up appointment at this time by calling our office.

Going Home



Activity:

Your child may feel a little sleepy for about 24 hours after surgery due to the anesthesia.

Please do not leave your child alone during the first 24 hours. A parent or familiar adult should be with your child during this time.

Your child should rest during the first 24 hours following surgery, although he or she may be up and about according to the doctor's instructions. Your surgeon will tell you when your child can go back to school, it is usually 2-3 days.

Medications:

Your child may experience some pain. If it is thought that it will be the case a prescription for pain medication will be given to you. Make sure to take as directed. If the pain medication is not helping, please call our office at 929-7337.

When you should call us:

- *There is unexpected or an unusual amount of bleeding from the wound
- *Your child has an oral temperature over 102° F or 38.8° C
- *Pain is not relieved by pain medication
- *Persistent croupy cough
- *Nausea and vomiting that is not improving
- *There is extreme redness or swelling around the incision.

Remember if you have any questions or concerns call our office at 929-7337.