



## Helping Your Child at Home

- As your child is feeling better after the surgery, encourage him/her to participate in fun activities.
- Allow your child to play or talk about the hospital experience.
- Younger children may have nightmares, a poor appetite, or bathroom accidents.
- Older children may become withdrawn or clingy.
- These behaviors are normal. It is important to keep up regular routines. Be patient and understanding.
- If you have questions about your child's behavior, contact Child Life Services at 212-746-3516.

## A hospital experience can be challenging and stressful for children and their families...

What children imagine about their upcoming surgery is often more frightening than reality. You can reduce your child's fears and your own anxieties by properly preparing your family for surgery.

We hope this guide will help answer common questions about your child's surgical experience. Please contact us during your stay if we may assist you in any way.

Child Life Services  
212-746-3516

### Additional Resources

#### Pediatric Procedure and Sedation Unit

- Main Unit (Payson 9): 212-746-5879
- Recovery Room (F10): 212-746-5025

#### Perioperative Services Department

- Main Unit (3 West): 212-746-5299
- Recovery Room (3 West): 212-746-0336

#### General Pediatric Unit (6 North)

- 212-746-0309

#### Pediatric Intensive Care Unit (6 South)

- 212-746-0308

#### Pediatric Emergency Department

- 212-746-3300

#### Walgreens Pharmacy in Hospital

- 212-249-6451
- Hours: M-F 8a-10p; Sat 9a-6p;  
Sun 10a-6p

#### Komansky Center Family Advisory Council

- 212-746-6007

## Preparing Your Child for Surgery



## How to Explain Surgery to a Child

- **Be open and honest.** Use simple and accurate explanations, e.g. “the doctor has to fix something inside of your body that is giving you trouble.”
- **Keep it age appropriate.** Children under age six may think they did something wrong to cause the procedure. Reassure them that it is not their fault.
- **Keep a positive attitude.** If you show your anxiety your child will become anxious.
- **Check out our video, *Your Child’s Surgery: What To Expect.*** We recommend that you view our video before showing it to your child so you can determine if it will be helpful. To view, go to [nyp.org/komansky](http://nyp.org/komansky).

## Before Surgery: Inform Your Medical Team

**Before your child’s procedure,** please make sure to share the following health information with the medical staff:

- Your child’s medical history
- All medications your child takes
- Any allergies & dietary needs
- Any developmental delays
- Any recent fever or cold

## What to Expect on the Day of Surgery

- **Before the procedure** you will meet with the surgeon and anesthesiologist. They will review the procedure and give you a chance to ask questions.
- **Two parents may walk their child** to the operating room. You may be asked to wear protective clothing and a mask.
- Your child may bring his/her favorite **stuffed animal or blanket** into the operating room.
- **The anesthesia team will place stickers** on your child’s body which allow them to monitor your child throughout the procedure.
- **Anesthesia medicine** is given either through a mask or an IV.
- **Reassure your child** that he/she will be asleep for the entire surgery and will not hear, see or feel anything.
- **You may stay** until the medical team escorts you out of the operating room and to the family lounge.
- **Please check in with the family lounge staff** and give them your name and phone number.
- **After the procedure,** the surgeon will come to the waiting area to speak to you.

## In the Recovery Room

- **You will be with your child** the entire time he/she is in the recovery room.
- **Siblings and other children** are not allowed in the Recovery Area. Please make arrangements to keep siblings at home if possible.
- **Your child** may wake up alert and feeling well, or sleepy, confused, scared, sad, or angry. Every child is different.
- **Crying is normal** and you can help relax or distract your child.
- **Please allow nurses to do their jobs and help your child.** That means giving them space to set up monitors and check on your child.
- **Your nurse will tell you** when it is okay to hold your child and when your child can eat or drink.
- **Pain management** is very important to us. Even after receiving pain medication, your child may still be uncomfortable. Toys and video games may help distract your child and keep him/her calm.
- Your nurse will give you **instructions on what comes next.** Your child may be discharged and given prescriptions and follow-up appointment information.
- **If your child is staying overnight,** he/she will be moved to the inpatient unit as soon as a room is available.