

How To Explain Surgery To A Child

- **For a Pre-Operative Tour**, please contact 212-342-0688
- **Please contact the Child Life Specialist** for information on how to prepare your child for surgery.
- **Be open and honest.** Use simple and accurate explanations, e.g. “the doctor has to fix something inside of your body “
- **Keep it age appropriate.** Children have different understandings of surgery at each developmental level.
- **Keep a positive attitude.** Studies have shown that if a parent is anxious, their child will be anxious.



Additional Information

- Only two adults can accompany your child on the day of surgery. There are no siblings allowed.
- We have lockers to store your bags throughout the day.
- There is a kitchen in the waiting room that has coffee, beverages, small snacks. Sandwiches are provided at lunch time.
- The preoperative area is stocked with toys and activities to keep your child busy throughout his/her time waiting for surgery.
- Your child may bring a favorite blanket or stuffed animal.

Important Numbers

- **Ambulatory Surgical Unit**
 - Pre-Op Front Desk
646-317-2242
 - PACU
(Post Anesthesia Care Unit)
212-305-8670
212-305-2418
- **Pre-Operative Tour Line**
212-342-0688

**For calls after 11pm, please call 212-305-2415

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A Guide to Our Perioperative Services



We hope this pamphlet will be a helpful guide to prepare you and your family for your child's surgical experience .

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The Day *Before* Surgery

- You will receive a phone call the afternoon before your child's surgery. If surgery is on a Monday, you will receive a phone call on Friday afternoon.
- During this phone call, you will receive information about the following...
 - When to be at the hospital
 - When your child should stop eating and drinking in preparation for surgery
 - Parking Information
 - Visitor Information
- Please be prepared to share the following
 - Medical History
 - Current Medications
 - Allergies & Dietary Needs
 - Developmental Delays
 - Recent fevers or cold
 - Preferred Pharmacy Contact Information

****If your child shows any signs of recent cold, fever, rash etc., please call us before coming in at 212-305-2418 or 212-305-2415**

The Day of Surgery

- The first stop will be Room 100 to register for surgery. Here, your child will receive an identification band.
- Next, you will go to the pre-operative area.
 - For 6:15am/6:30 am arrivals, please take the NORTH elevators to the 4th floor.
 - For all other arrivals, please take the CENTRAL elevators to the 4th floor.

- In the preoperative area, you will meet our team.
 - **Unit Assistant**
 - Will check your child's ID band upon arrival
 - **Patient Care Assistant**
 - Will help get your child ready for surgery. Changing into pajamas and taking vitals are the first steps.
 - **Pre-Operative Nurse**
 - Will do your child's admission which includes going over your child's medical history.
 - **Patient Navigator**
 - Will orient you to the unit and keep you updated throughout the day.
 - **Surgery Team**
 - Will review surgery; Sign consent for surgery.
 - **Anesthesia Team**
 - Will review plan for anesthesia(sleep medicine); Discuss if it is appropriate to walk your child into the operating room.
 - **Child Life Specialist**
 - Available to ease the anxiety of surgery with age-appropriate preparation and distraction.
 - **Operating Room Nurse**
 - Will walk your child to surgery; Works with Patient Navigator to update you on your child's surgery.

During Surgery

- There is a waiting room for parents located on the same floor as the operating room.
- Your child's Surgeon will come to the waiting room when the surgery is complete.
- You will then see your child in the recovery room.

In the Recovery Room

- You will be with your child throughout his/her time in the recovery room.
- Please allow your child to wake up on his or her own.
- Your child may wake up alert and feeling well or sleepy, confused, angry. Every child is different.
- Your nurse will tell you when it is okay to hold your child and when your child can eat or drink.
- If your child is being discharged after surgery, you and your family will receive discharge instructions before going home. Any prescriptions are sent electronically to your preferred pharmacy from your surgery team.
- If you and your child are staying overnight, you will be moved to an inpatient floor once a room becomes available.