

A Guide to Preparing Your Child for

# ANESTHESIA AND SURGERY



Franciscan  
Children's

*So every kid can.*

# WELCOME TO FRANCISCAN CHILDREN'S!

Your child, \_\_\_\_\_

is scheduled for surgery on \_\_\_\_\_.

## Important Reminders:

- Review and follow all Dietary Guidelines. If you **eat or drink the surgery will be cancelled.** See page 5 of this Handbook for more details.
- Is all necessary paperwork completed?
  - Insurance
  - Guardianship documents
  - History and physical examination form
- Have your child take his/her medications as instructed by their doctor or anesthesiologist.
- Arrange Transportation. Patients are not allowed to travel home by public transportation after anesthesia. Please arrange for a car or taxi to take you home.
- Leave extra time for commuting into Brighton - travel to the hospital during the morning commute hours may double normal travel times.
- Plan to be at Franciscan Children's for at least 5-6 hours. It is important to leave the day open, as unexpected scheduling changes can occur and we cannot predict the time you will arrive back home.
- Dress your child in loose, comfortable clothing.
- Bring a familiar comfort item for your child (i.e. a blanket, teddy bear, toy, etc.)

You will be contacted the day prior to the surgery for expected arrival time. Please do not call ahead to request the arrival time.

Arrival Time: \_\_\_\_\_

**PLEASE CALL IMMEDIATELY IF YOU CANNOT MAKE THIS APPOINTMENT.**

**(617) 254-3800 x2970 • Fax (617) 779-1509**

# A WORD TO PARENTS

When a child needs surgery, parents may feel frightened for their child and a bit overwhelmed with the numerous hospital procedures. Our anesthesia staff has compiled this brochure specifically for parents. It is designed to address parental concerns and to help parents prepare their child for surgery. We encourage you to review this information. Contact your surgeon, dentist or our Anesthesia Department with any questions.

## Your Surgery Experience

### Arrival and Registration

Please arrive on time. A staff member will call the day before your surgery to tell you what time you should arrive - we are unable to provide an official arrival time before this.

Please park in Parking Lot A. Parking is free for patients and families. You will check in at the Ambulatory Registration desk when you enter. A staff member will escort you to the operating room waiting area.

### Pre-Op

You and your child will be escorted to the pre-operative area from the waiting room. There, your child will be asked to change out of their clothes and into a hospital gown and pants. A nurse will take your child's blood pressure, temperature, and listen to their heart and lungs.

## IMPORTANT

Children under age 18 must be accompanied by a parent or legal guardian bearing proof of guardianship (paperwork from court.) Patients 18 years and older who are not competent to consent to receiving anesthesia or undergoing a surgical procedure must have their court appointed guardian give legal consent to the planned procedure, either by phone prior to the procedure, or in person the day of surgery.

*Prior to the day of surgery, court issued guardianship papers must be provided to the Anesthesia Department at Franciscan Children's.*

You will meet and have a chance to talk with your Dentist, Anesthesiologist, Nurses and Child Life Specialist. Your Child Life Specialist will provide your child with toys and activities to use while they wait, as well as teach them about their procedure to help with any fears or concerns. Your child will be given an anesthesia mask which goes over their nose and mouth - they will have a chance to play with it and get used to it before going into the Operating Room.



## Surgery

Your child will ride in a hospital bed down to the Operating Room (OR). You will be able to accompany them into the OR until they are asleep. Once in the OR, the anesthesiologist will place an anesthesia mask over the child's face to administer the medication, and as your child breathes in the medicine they will fall asleep. There will be several staff members there to support you and your child every step of the way. Once your child is asleep, you will be escorted back to the waiting room and given an estimated time for how long the procedure will take.



## Post-Op

A staff member will come to get you and bring you to the post-operative area when your child's surgery is over. We will get you as soon as possible so that when your child wakes up, you are one of the first faces they see. It will take time in the post-operative area for your child to recover from surgery. Nurses will take vital signs again and your child will have a popsicle or something to drink.

When your child's medical condition has stabilized, you will be given verbal and written instructions for home care before you leave. Your child will be discharged when you are comfortable with this plan.

## Talking to Your Child about Surgery

Surgery can be scary for children. It is important to be honest with your child and explain to them, in simple terms, why they are coming to the hospital. The more appropriate information children receive, the less worried they feel. For example, you could say:

*“We are going to the hospital so the dentist can clean your teeth. At the hospital, they are going to give you a special medicine that will allow you to sleep while the dentist cleans your teeth so that you don’t have to feel, hear, or see anything. I will stay with you the whole time when you are awake, and will be right there when you wake up. When it’s over, we will leave the hospital and come home. Do you have any questions?”*



You can also bring a comfort item (i.e. a blanket, teddy bear, toy, etc.) from home that you child can keep with them throughout the day. It is also important to serve as a role model for your child by remaining positive, calm, and comforting so that they know they are safe.

Please tell our staff anything about your child that may help us make them feel more comfortable. If your child has any previous experiences with hospitals that have been positive or negative, as well as any specific concerns or triggers, we want to know so that we can do our best to make them feel safe and cared for.

## QUESTIONS OR CONCERNS?

Feel free to contact us any time  
at (617) 254-3800 x2970  
with any questions or concerns about  
how to prepare for your child’s surgery.

## Dietary Instructions

It is extremely important that your child not eat anything according to the instructions below. If your child eats or drinks anything other than what is written here, their surgery will have to be cancelled and rescheduled upon arrival. It is not safe to administer anesthesia after eating or drinking.

AGE:  
0 MONTHS -  
3 YEARS



AGE:  
3 YEARS+



Clear liquids include water, apple juice, ginger ale, plain Jell-O, and Pedialyte.



Clear liquids do not include tea, coffee, milk, formula and juices with fruit pulp (grapefruit, orange and tomato).

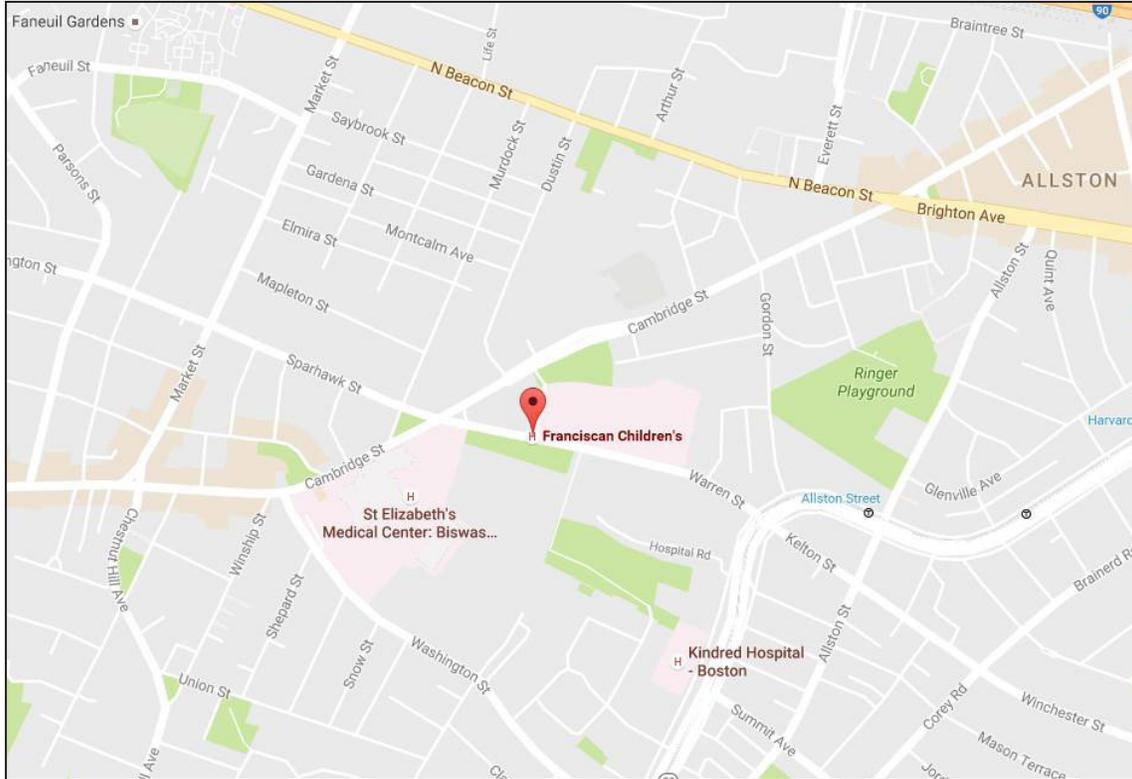
## Medication

Children requiring medication should take them as instructed. The medication can be taken up to one hour before surgery with a small amount of clear liquid or plain Jell-O. You will be advised in advance about considerations pertaining to your child's specific medications. If you have questions, or if you did not receive instructions, please call the Anesthesia Department at 617-254-3800.

## Illness

Please notify your surgeon or dentist if your child develops a cold, fever, asthma attack or any other illness within a week before surgery.

# DIRECTIONS



## Directions to Franciscan Children's

**IF USING A GPS DEVICE PLEASE ENTER:**

**30 Warren St., BRIGHTON 02135  
(Not Boston)**

Parking Lot A is most convenient  
for use by surgical patients

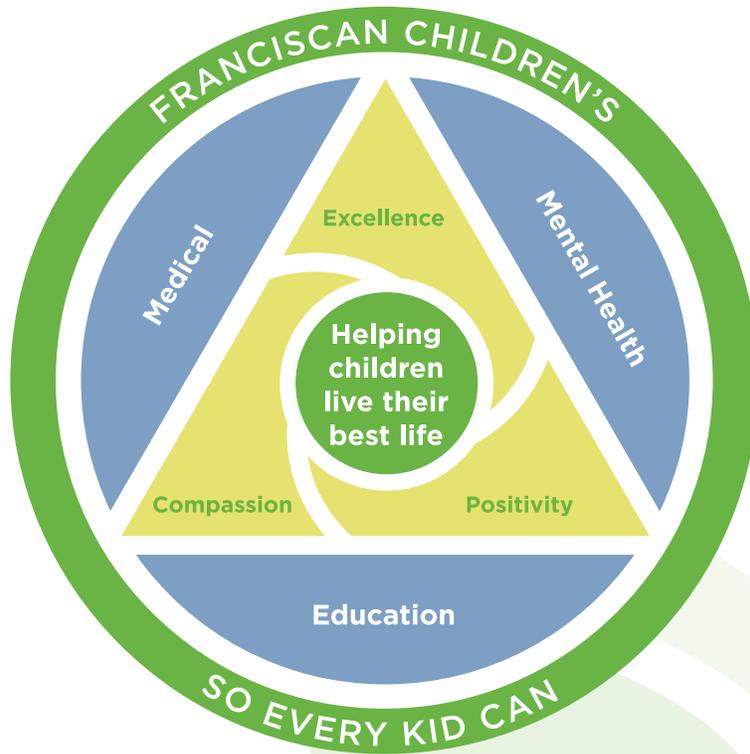
Free parking is available

# OUR VISION

We envision a world in which all children can reach their fullest potential and live their best life.

# OUR MISSION

We provide a compassionate and positive environment where children with complex medical, mental health, and educational needs receive specialized care from people who are committed to excellence, innovation, and family support ... so that children can reach their fullest potential and live their best life.



**Franciscan  
Children's**

*So every kid can.*

**FranciscanChildrens.org**

30 Warren Street, Brighton, MA 02135 | 617-254-3800