

# PREPARING YOUR CHILD FOR SURGERY

## **We know your child may be nervous about surgery.**

Keep these ideas in mind as you prepare yourself and your child:

- Bring along to surgery a favorite comfort item for your child, such as a blanket or stuffed animal.
- Speak up, ask questions and be your child's advocate.
- You will meet the anesthesia team before surgery. They will talk to you about the best method for giving your child anesthesia, such as by mask, IV or both.
- Think about being with your child at the start of anesthesia. With approval, one parent can go with the child into the operating room (OR).
- If you choose this option, you will receive special clothes to wear into the OR. Put the clothes on in front of your child. We want your child to get used to how you look.
- The anesthesia team will escort you and your child to the OR. Once there, reassure your child that you are near. Speak and act calmly.
- As your child falls asleep, your child may become excited, agitated or restless. Eyes may become "glassy" or roll back. The child's body becomes relaxed or limp. These reactions are normal.
- After your child is asleep, a team member will escort you back to the waiting area. Please have one parent wait there until the surgeon visits with you after surgery.
- After surgery, your child will go to the recovery room. He or she will be closely monitored. Once your child wakes up, you may see your child. Your child may be sleepy or irritable. Your nurse will guide you in providing comfort to your child.

Let us know of any questions or concerns. We want to make the surgery experience as pleasant as possible for your family.