

# Preparing Your Child for Surgery



Patient's Name:

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Physician's Name:

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Surgery Date:

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- Children's Medical Center Dallas  
1935 Medical District Drive  
Dallas, Texas 75235  
214-456-2250
- Children's Health<sup>SM</sup> Specialty Center Dallas  
2350 North Stemmons Freeway, Ste. 100  
Dallas, Texas 75207  
214-456-1100
- Children's Medical Center Plano  
7601 Preston Road  
Plano, Texas 75024  
469-303-3701

# Before Surgery

As a parent, you have an important role in preparing your child for surgery. The pediatric specialists and family-friendly environment will help make your child's surgery day as comfortable as possible. Help us give your child the best possible treatment by following these guidelines:

**Fees:** The fees collected on the day of surgery include insurance deductibles and co-payments for using the facility. They do not include laboratory, pathology, surgeon and anesthesiologist fees. You will be billed separately for these services.

Please contact your insurance company to confirm that the surgery is approved and to verify what your personal out-of-pocket expenses will be. Be sure to say it's either an "outpatient surgery" or "inpatient surgery." Any questions regarding the insurance approval for surgery should be directed to your surgeon's office.

**Translation needs:** If you require the help of a translator, please notify your surgeon's office so that arrangements can be made.

**Special guardianship:** If you have been appointed as the patient's legal guardian, please bring the appropriate legal paperwork indicating this guardianship. If your child is in the Child Protective Services (CPS) system, please make sure that your case worker is aware of the upcoming surgery and available to sign the surgical consent form.

**Overnight lodging:** If you are traveling from a distance and will require an overnight stay, please contact your surgeon's office for a listing of nearby accommodations.

**Consults:** Your child's safety is our priority. Please contact your surgeon's office to let them know if your child sees any of the following: cardiologist, pulmonologist, neurologist, endocrinologist

*If your child is sick or has a fever or contagious disease such as chickenpox or measles, please contact your provider's office.*

# Recent Medical History

**Pre-testing:** Your child's doctor may order blood tests or lab work before surgery. This may occur in your doctor's office or on the day of surgery.

**Pre-operative assessment:** Knowing your child's complete medical history is important for the care of your child during and after surgery. We must get this information from the person who knows the most about your child's medical history.

**Pre-operative phone call:** Two to three days before surgery, a surgery team member from Children's Health will call you with additional details about your child's surgery. This will include:

- Arrival time
- Specific instructions about what your child may eat or drink before surgery
- Items you will be required to bring

*If our staff is unable to reach you 24 hours before your child's surgery, please call your provider between the hours of 7 a.m. and 4 p.m.*

**Medications:** Please bring all of your child's medications with you at the time of the pre-operative assessment. Original bottles with dosages and times will help provide up-to-date information to the medical staff.

## What to Bring With You

You will need the following items on the day of your child's surgery when you check into Children's Health:

- Insurance card and claim forms if child is covered by health insurance
- Current Medicaid eligibility card and the referral form from your primary care physician
- Payment for insurance deductible (if not met) and out-of-pocket expenses
- Legal guardianship papers if you are the patient's guardian
- Driver's license or photo identification
- Immunization records of your child
- Any other forms requested by the pre-registration staff or your child's physician
- Medical equipment currently used by your child (i.e. Extra trachs, G-tubes, suction equipment, Bi-PAP or C-PAP equipment)

# For Your Child's Comfort

To make your child comfortable, we recommend you bring the items listed below with you to Children's Health:

- Loose-fitting shirts, snap tops or button-down shirts are recommended for surgery above the waist. For surgeries below the waist, your child should wear loose-fitting or elastic-waist pants or shorts. Please be sure to label all items with your child's name.
- For infants, bring a small supply of diapers and bottles.
- Pack a favorite stuffed animal, toy or book to comfort your child.
- Bring a bathrobe or sweater and socks or slippers.
- Pack a sweater or light jacket for you because the hospital is well air conditioned.
- Bathe your child and shampoo their hair the night before surgery.
- Leave your child's jewelry, valuables and contact lenses at home.

## What your child can eat and drink before surgery

**NO solid food** after midnight on your scheduled surgery day, including gum or candy

**NO milk, juice or formula** after midnight before the scheduled surgery day

**NO clear liquids** four hours before scheduled surgery time – clear liquids include water, Pedialyte®, Gatorade®, apple juice, Jell-O® (without fruit), Kool-Aid® and tea

**NO breast milk** after 3:30 a.m. the day of surgery

# Easing Your Child's Fears

Prepare your child and yourself for what will happen at the hospital. This can help make your child's surgery day as comfortable as possible. Things you can do to help include:

- **Recognize** your child's fears and concerns.
- **Describe** what your child may see, feel, taste and hear. Avoid explaining procedures that may happen under anesthesia.
- **Be honest** and explain in a language your child can understand.
- **Point out** that this is temporary. This is not a punishment for bad behavior.

To help give your child undivided attention during the visit to the hospital, we recommend that you make arrangements for siblings younger than 12 to stay with family or friends.

## Child Life

Child Life Specialists help patients cope with being in the hospital. They are available to talk with your child about what to expect during surgery. Children ages 3 and older may benefit most from this experience.

*If you would like to talk to a Child Life Specialist, please call the Dallas Campus, Main Operating Room at 214-456-3209 or the Plano Campus, Surgery Area at 469-303-6280, or request to see a Child Life Specialist on the day of your child's surgery.*

*Child Life is not available at the Southlake Surgery Center*



# Surgery Day

- **Even though your child will not be eating or drinking**, parents and family should eat *before* bringing a child for surgery.
- **No food or drinks** are allowed in the pre-operative waiting areas.
- **Please keep in mind** that the scheduled surgery time is our best estimate. Your child's surgery could be moved up or down on the schedule for many reasons.
- **If you or a family member is sick**, please stay home, rest and concentrate on getting better. We do not want any of our healthy patients exposed to illnesses.

## Checking In

When you arrive at Children's Health, you and your child will check in at Admissions:

- We ask to have a copy of your photo ID, insurance card(s) and have you sign financial consent forms.
- Next, you and your child will go to the Peri-Operative waiting area. A nurse will call you to the Pre-Op/Post-Op holding area to check your child's weight and vital signs.
- There, your child will put on a surgical gown or pajamas, then play or relax until it is time for surgery.
  - The nurse will explain what will happen to your child.
  - A physician called a pediatric anesthesiologist will meet with you to discuss your child's medical history and to tell you about anesthesia care.

## Shortly Before Surgery

The staff responsible for your child's care will verify:

- Your child's name
- What kind of surgery he or she is having
- The body part on which the surgery will be performed

For your child's safety, the family will be asked these questions many times.

Depending on the type of surgery your child will have, your doctor may mark the location of the surgery on your child's body with a marker.

Custodial parent or guardian will be asked to sign an informed consent form. This form verifies that the family and doctor have discussed the surgery that will be performed.

# During Surgery

When your child goes into the operating room, you will go out to a waiting area. We ask that at least one parent remains in the hospital at all times. Your child's surgeon will meet with you afterward to discuss your child's progress.

## **After Surgery**

Most children go to the Post Anesthesia Recovery Unit (PACU) after surgery.

- In the PACU, your child will be watched by nurses who will notify you as soon as you may visit your child.
- Please remain in the waiting room until you are notified.

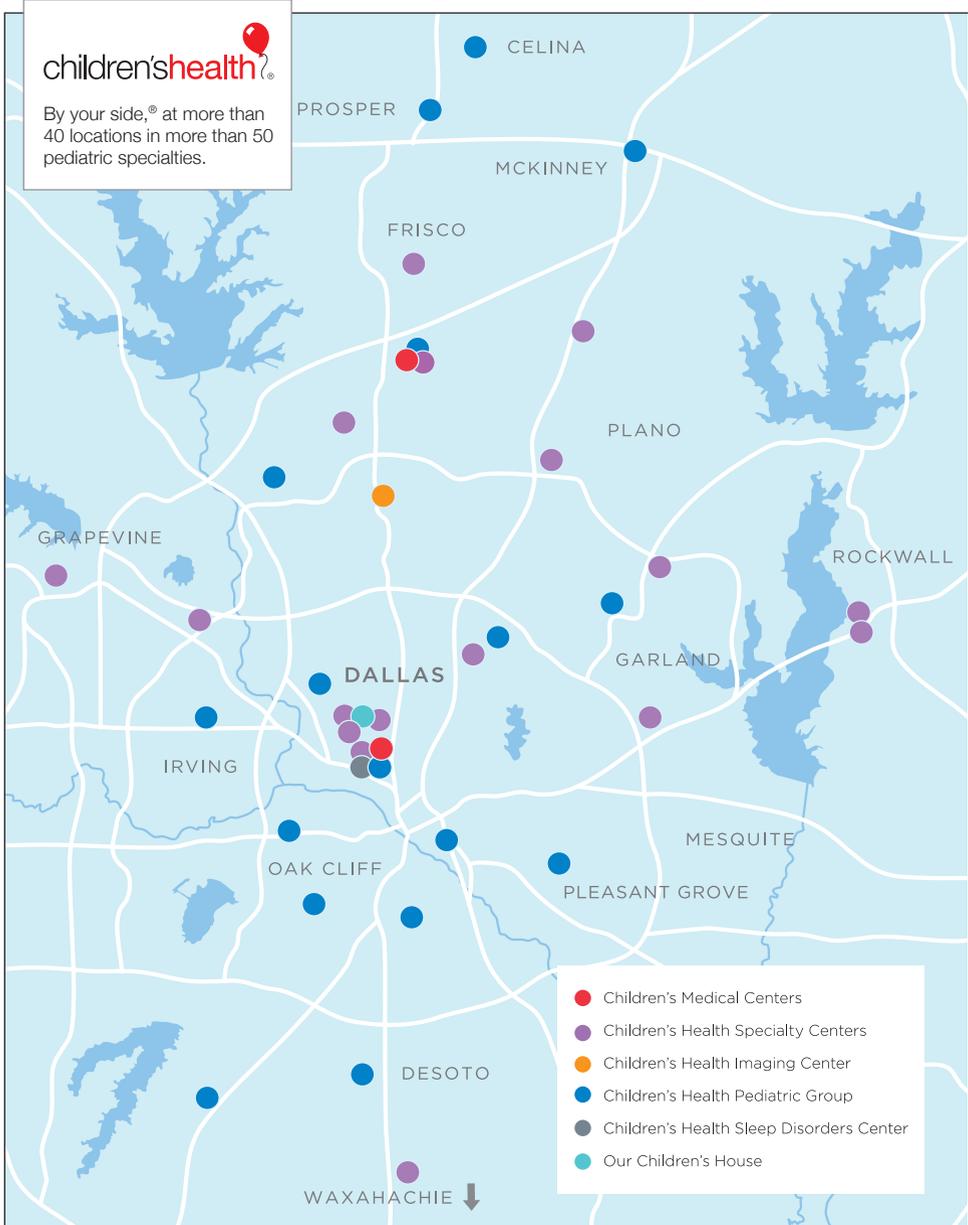
If your child is scheduled for a hospital admission after surgery, you will be given more instructions related to your stay on the day of surgery. The nurses will tell you the location of your room for the overnight stay once the surgical procedure is completed.

Children scheduled to go home on the same day of surgery will go back to the Pre-Op/Post-Op holding area after the PACU. At this point:

- Both parents may be with the child.
- Other family members are encouraged to wait in the waiting room areas.

When your child is ready to go home, the nurse will review with you all instructions for medicines, home care and follow-up appointments.

# Service Areas



# Parking Information

## Children's Medical Center Dallas

1935 Medical District Drive • Dallas, TX 75235 • 469-303-1604

### Main Entrance

Complimentary valet parking is available for one vehicle per family. If you are valet parking, drive to the circle at the front of the hospital off Medical District Drive. Please ask your nurse for a valet voucher. If there is more than one vehicle, visitors may park in Green Park Garage.

### Green Park

When parking at Green Park, go to the first floor and walk to admitting in the hospital using the skybridge. This walk can take ten minutes so please allow for extra time. Remember to bring your parking ticket with you to pay at the kiosk inside the hospital, or with the cashier between 7 a.m. and 11 p.m. on weekdays.



### Green and Specialty Center Dallas Parking Rates

0-59 minutes – Free

1-2 hours – \$2.00

3-4 hours – \$3.00

5-7 hours – \$4.00

8-24 hours – \$5.00

24-48 hours – \$7.00

Maximum Parking Charge Per Entry/Exit – \$7.00

Lost Ticket Charge – \$5.00

Parking charges are incurred for each entry/exit

### Valet Parking Rates

Family Rate for 1 Vehicle – Complimentary

Reduced Family Rate for 2 or More Vehicles – \$7.00  
Must present visitor badge

Full Rate – \$10.00

### Valet Operating Hours Children's Medical Center Dallas

Weekdays: 7 a.m. – 5 p.m.

Weekends: No valet parking

### Valet Operating Hours Specialty Center Dallas

Weekdays: 6 a.m. – 11 p.m.

Weekends: 8 a.m. – 8 p.m.

# Parking Information *(cont'd)*

## Children's Health Specialty Center Dallas

2350 N. Stemmons Freeway, Suite #100 • Dallas, TX 75207 • 214-456-1100

Preoperative Information 214-456-1122

### Main Entrance

Children's Health Surgery Center Dallas is in Children's Health Specialty Center Dallas, not the main hospital.

### Specialty Center Dallas/Surgery Center Parking

Garage parking is available next to the surgery center. The entrance is the second on the left and is identified by the purple overhead sign that reads "Surgery Center Parking."



# Parking Information *(cont'd)*

## Children's Medical Center Plano

7601 Preston Road • Plano, TX 75024 • 469-303-3701

Perioperative Services is located on the second floor of the main hospital. Patient check-in is located at Admissions on the first floor of the main hospital.

Parking at Children's Medical Center Plano is free. Parking is available in two lots, one south of the Emergency room; the other west of Children's Health Specialty Center Plano campus.

### Parking Rates:

Complimentary valet parking is available in front of the main hospital entrance. Valet can be reached by dialing **469-303-5247 (PARK)**.

### Valet Hours:

- 6 a.m. to 6 p.m.,  
Monday – Friday
- After hours, contact  
Security for keys at  
**469-303-2889**

