

Welcome to Children's Health

SURGERY/SEDATED PROCEDURE UNIT



What Does Surgery Mean?

Surgery means the doctors are going to help your body while you are all the way asleep. When you are asleep during your surgery or procedure, you will not be able to see, feel, or hear anything.

Many kids come to the hospital for all different reasons and all different kinds of surgeries or procedures.

First Steps



Front Desk

The front desk is the first place you will come to in the hospital.



Name Sticker

You and your caregiver will check in here and get a sticker with your names on it. This tells everyone at the hospital who you are!



Admitting Desk

Next, you and your caregiver will go to the admitting desk to check in for your surgery. While here, your caregiver will get paperwork about your surgery.



Hospital Bracelet

You will get a hospital bracelet. This bracelet tells the doctors and nurses who you are (like your caregiver's sticker). You will wear this the whole time you are at the hospital.

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Next, you and your caregiver will take the Airplane Elevator to the 2nd floor.



Waiting Room

Once you get to the 2nd floor, you will check in at the surgery front desk and wait for a staff member to call your name.

You can bring your favorite items from home, including toys, your cell phone/tablet, stuffed animal, blanket, pillow, fidget items, and anything else that helps you feel calm and to pass the time!



Vital Signs

The next room you will go to is called the vitals room. A staff member will measure your weight, height, temperature, blood pressure, and oxygen level. Your caregiver can come to this area with you if you would like.

You will take your shoes off and stand on this scale to see how much you weigh. You will keep your shoes off to measure your height.



Vital Signs



Thermometer

The staff member will roll a thermometer across your forehead and back behind your ear to take your temperature.



Blood Pressure Cuff

A blood pressure cuff will be wrapped around your arm to measure your blood pressure. It is important to hold still while it gives your arm a squeeze.



Pulse Oximeter

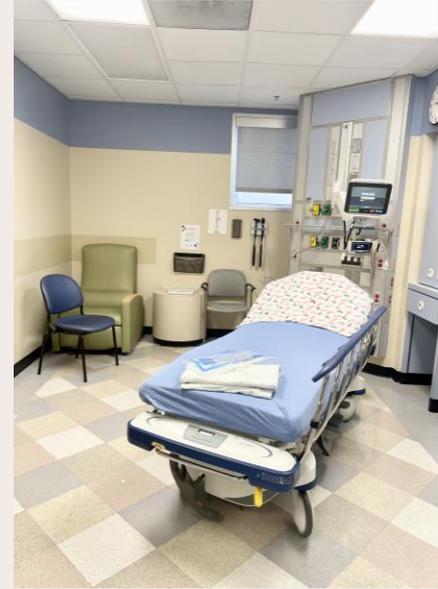
A pulse oximeter will be placed on your finger that tells the doctors how much oxygen is in your body when you breathe.

Pre-Op Room

Next, you will go to your pre-op room (short for pre-operation room). You and your caregiver will wait here until it is time for your surgery.

In this room, you will meet lots of people: your nurses, the doctor/surgeon, a child life specialist, the anesthesiologist, and even other people!

You can watch TV, use your tablet/iPad/cell phone, or ask child life for activities.



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You will get a hospital gown to change into. This helps the staff know that you are clean and ready for surgery.

If you would like to be more covered up, we have extra blankets available.



What is an IV?

**if you would not like to learn about the IV now and*

choose to wait until you're at the hospital, please skip to page 19

Next, you will likely get an IV placed! An IV is a medicine straw that can be used to give you medicine or draw blood if needed. *

Your veins carry blood throughout your body. Sometimes we need to give medicine into the veins so it can travel all over your body to help you.

IVs are mostly placed in your veins in your hand or arm. There is a small needle that helps get the IV straw to the right spot of your vein, but the needle comes out so just the straw stays in! The nurse can give you numbing medicine to help you feel the poke less

A child life specialist can:

- help prepare you for what to expect when the IV is placed
- help you choose a coping plan

*Some kids over the age of 10 do not get an IV while they are awake. You can ask your nurse or anesthesiologist if you will need one.





First, the nurse will tie a rubber band on your arm called a tourniquet. This helps them to see your veins better because it squeezes your arm and makes your veins bigger.



Sometimes the nurse will use a warm pack to help make your veins bigger so they can see them better.



Next, the nurse will clean your hand/arm with a wipe that looks like this. Using this wipe helps keep the germs away.



This is called a J-tip. It is a type of numbing medicine. It will help you not feel the poke as much. This is not a shot!



The J-tip will splash onto your skin. The medicine makes a loud noise, like opening a soda can, but should not hurt.



Your nurse or child life specialist can tell you when the sound is coming!

This little dot is where the numbing medicine is on your hand.



Next, the nurse will use a sponge on your skin to help keep the germs away.



Next, the helper needle will help the IV go in the right place.

Remember to take deep breaths and hold your arm still!



Buzzy Bee is another tool we can use to help distract you from feeling the poke. Buzzy Bee vibrates (shakes) on your hand or arm.



Buzzy Bee can be used with a cold pack. You can choose where you want Buzzy to be held.



You can choose to squeeze a stress ball to help remind your body to relax.



Next, the nurse will use a helper needle to put the IV in your vein. The needle helps the IV go in the right place.

Remember to take deep breaths and hold your arm still!



Once the IV is in the right place, they will take the needle out and leave only the straw in your vein.



The nurse will then put saline through your IV straw to make sure it's working correctly.

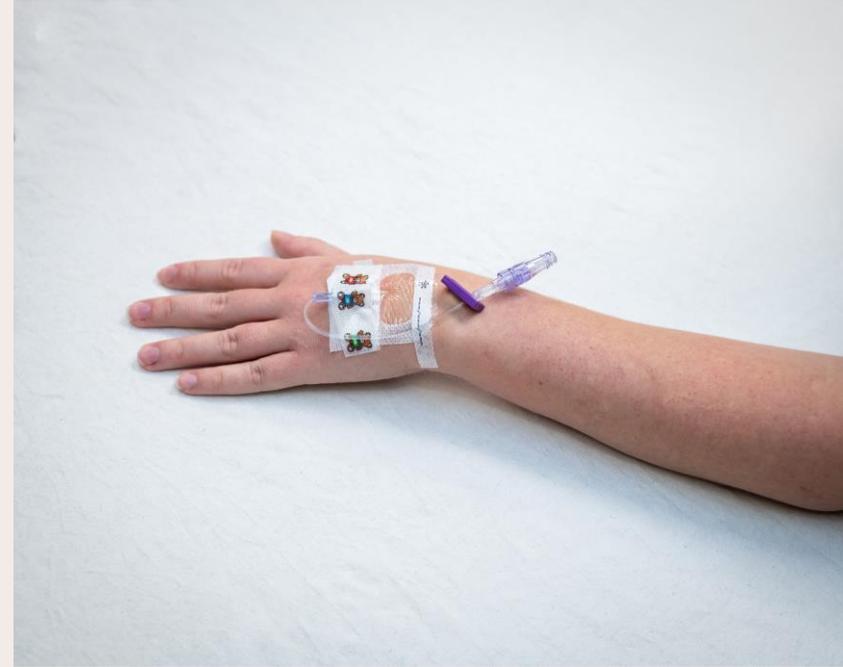
Some kids say it feels cold or “weird” going in. Other kids say it tastes or smells salty.



Last, the nurse will put tape/stickers on your hand/arm to hold the IV in place.



Before you go home, the IV will come out, but until then make sure you don't pull at it or take it off yourself.



When you need medicines, it goes right through the straw so that you do not have to keep getting poked.



Once your IV is in and you have talked to your whole medical team, you will likely get some relaxing medicine through your IV before leaving the pre-op room.

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You will go down this hallway with the surgery nurse to the surgery room, (also called the operating room or OR). The bed has wheels so you will lay in it while you are pushed down the hallway to the surgery room.

Nourishment Room

Your caregiver can come to this room while you are having surgery so that they can eat, drink, and buy snacks from the vending machine.

It is important for your caregivers to take care of themselves, so after you are done with surgery they can take care of you!



OR Scrubs

When you get to the OR, you will see nurses and doctors wearing blue clothes (gown, mask, gloves, and hat).

They wear these clothes to keep everything clean and to make sure there are no germs in the surgery room (just like how you wear your clean hospital gown).



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You will see lots of medical equipment when you get to the surgery room! Not everything in this room will be used on your body though.

The nurses and doctors will help you move over to the surgery bed. It has warm air in it so that you are cozy!

We have different types of surgery rooms, but here is a common one that we use.



When you get on the OR bed, the nurses and doctors will put different monitors on you to help keep you safe during surgery.

You might already have the pulse ox on your finger, but if you don't, this will go back on your finger to check how your oxygen and breathing is doing.

The EKG leads are stickers that go on your chest. These tell the doctors how your heart is doing throughout your whole surgery.

You will also have the blood pressure cuff on your arm or leg during surgery, just like you had at vital signs too.

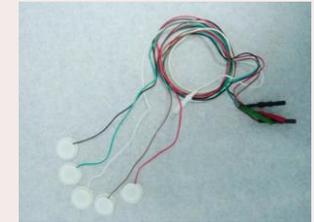
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Pulse Oximeter



2

EKG Leads



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Blood Pressure Cuff



Anesthesia Mask

The anesthesiologist (the doctor in charge of your sleepy medicine) will then give you this mask to breathe through. It will go over your nose and your mouth and give you some extra oxygen.





This is one of the machines you might see in the OR.

The anesthesiologist will be with you during your entire surgery, you will not be left

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alone. Their job is to give you the perfect amount of anesthesia (sleepy medicine) for your body the whole time you are in surgery!

Anesthesia makes it so you cannot feel, see, or hear anything during your surgery.

Consult Room

When your surgery is done, your caregiver will meet with the doctor in a room like this. The surgeon meets with all caregivers after surgery, so this does not mean that there is anything wrong!

Your doctor will tell your caregiver how the surgery went and soon after that, your caregiver will be back with you as you are waking up.



PACU/Recovery Room

After your surgery is done, you will wake up in this room. Sometimes it can be noisy in here because other kids are waking up too.

When you first get to this room, you will be completely asleep (your body will slowly start to wake up on its own as your sleepy medicine wears off).

You will have a nurse that sits right next to you to keep you safe and your caregiver should be with you as you start waking up.

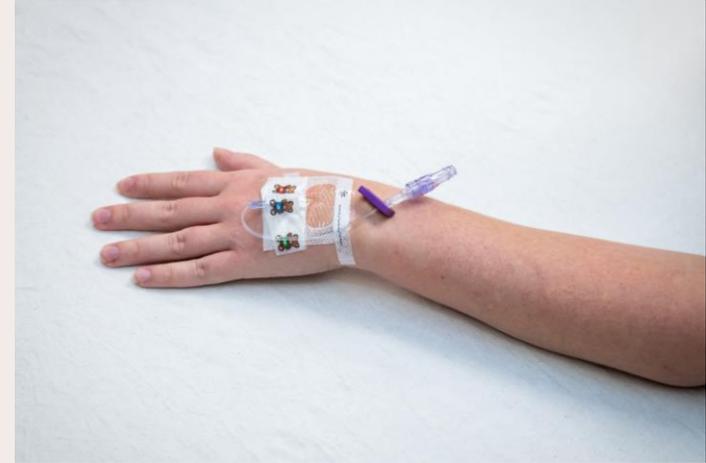


IV

When you wake up, you will have a medicine straw in your arm or hand. This is called an IV. It is held in place with tape and lets the doctors give your body fluids and medicines if you need it.

It is important to know that there is no needle in your hand, so you can move and play with it in!

If you need to stay overnight in the hospital, the IV will stay in your hand or arm overnight. You will not go home with the medicine straw. When your body no longer needs it, the nurses will take it out. Some kids say that it feels like a band-aid coming off when the nurses take it off.





When you wake up, you will need to drink. We have water, apple juice, Gatorade, and other drinks.

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You can also have popsicles! We have lots of different flavors and you can have as many as you want 😊

Thank You for Choosing Children's Health!

You will either go home from PACU or you will stay another night in the hospital. Your doctor will tell you how to help your body after surgery. It is important to do what your doctor tells you! 😊

Please read on only if you are planning on staying overnight after your surgery.



ICU Room



Some kids after surgery need to stay in the ICU (Intensive Care Unit). This is another way of saying that the nurses and doctors need to watch your body more closely after your surgery.



If you stay in the ICU, you will take the train elevators up to level 11 or 12. Your job is to let us know how you are feeling and if you have any questions.



You will also hear lots of noises in the ICU. It does not mean anything is wrong, but it does tell the nurses they need to check something. You will have a TV in this room and a chair/couch for your caregiver to sleep on.

Inpatient Room



Other times after surgery, you will go to an inpatient room. In this room, doctors and nurses will still come to check on you.



You should have a TV in this room and a chair/couch that your caregiver can sleep on. You will have a hospital door that closes.



You can ask child life if you would like some activities in your room!
Your job is to let us know how you are feeling and if you have any questions.

Things To Do in the Hospital- Playroom



Playroom is a place where kids and teens can go play while they are inpatient at the hospital. The doctors/nurses will tell you if you are able to go play in it! We have video games, board games, and arts and crafts, in each playroom.



Playrooms are located on: 5th, 6th, 8th, and 10th floors and are open various hours.



To learn about all our playroom locations and hours, talk with your nurse or child life specialist.

There is also a Therapeutics Arts room that is only open during select hours.

Things To Do in the Hospital- Other



Ryan Seacrest Studio

This studio lets our patients learn, explore, and play interactive games either in the studio or right from their bed on our Red Balloon Network (channel 77)

Directions

Take the butterfly elevators to the lobby level



Library

You and your caregiver can visit the library to access print books, e-books, puzzles, computers, and iPads. There is also a Lego table at the library too.

Directions

Take the plane elevators to the 4th floor



Courtyard

There are 8 built-in kid friendly musical instruments here, including chimes, drums, and bells that you and your caregiver can go to. There are also tables, chairs, and swings for use!

Directions

Take the elevators to the lobby level. Go outside of the lobby level of the D tower (next to Starbucks)



thank you

We hope that this presentation has helped prepare you for your upcoming surgery.

Please let us know if you have any questions. You can email SurgeryChildLife@childrens.com

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