

# Welcome to Children's Health

SURGERY/SEDATED PROCEDURE UNIT



# What Does Surgery Mean?

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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 2<sup>nd</sup> floor.



# Waiting Room

Once you get to the 2<sup>nd</sup> 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. Stand up big and tall with your heels right up against the wall!



# Vital Signs



## Thermometer

The staff member will roll a thermometer across your forehead and back behind your ear to take your temperature. This does not hurt but some kids say it tickles.



## Blood Pressure Cuff

A blood pressure cuff will be wrapped around your arm to measure your blood pressure. Be sure to hold your arm still while it gives your arm a tight 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. It may feel a little tight on your finger.

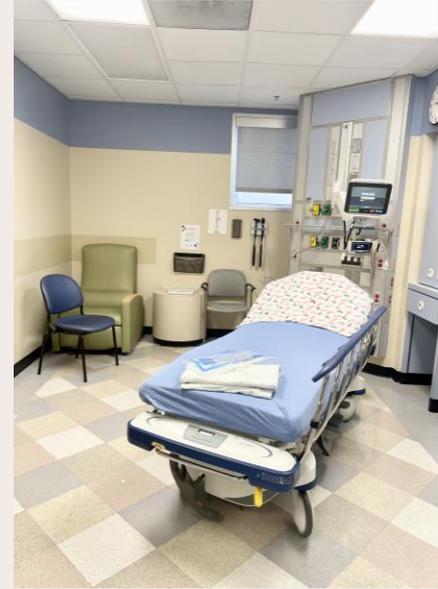
# Pre-Op Room

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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, play with your toys, or ask for toys from child life!



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

All kids having surgery wear a hospital gown, so you are not the only one.



# Pre-Med/"Silly Juice"

Then, you will drink a medicine that we like to call "silly juice". This medicine will help you relax and make you more comfortable before you go to surgery.

You can drink it from a syringe or cup.\*

\*Some kids under the age of 10 get their medicine a different way, through something called an IV. If you need an IV, ask for a child life specialist to come explain it to you!





After the “silly juice” starts to help your body relax, your caregiver will go to the waiting room to wait for you.

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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

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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 should already have the pulse ox on your finger when you drink your “silly juice”, but if you do not, this will go back on your finger to check how your oxygen and breathing is doing.

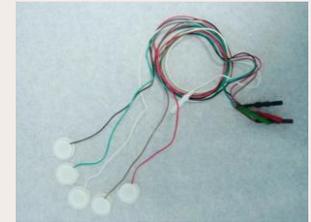
The EKG leads are stickers that go on your chest. These tell the doctors how your heart is doing throughout your whole surgery. They are very sticky!

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

## 1 Pulse Oximeter



## 2 EKG Leads



## 3 Blood Pressure Cuff



# Anesthesia Mask

The anesthesiologist (the doctor in charge of your sleepy medicine) will give you this mask to breathe through. It will go over your nose and your mouth. Your job is to take deep breaths into this mask to fall asleep!





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This is one of the machines you might see in the OR. Sometimes the anesthesiologist will have you blow up a balloon! Blowing up the balloon with your deep breaths helps show the doctors how well you are breathing into the sleepy mask. Can you find the deflated balloon in the picture??

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

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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.



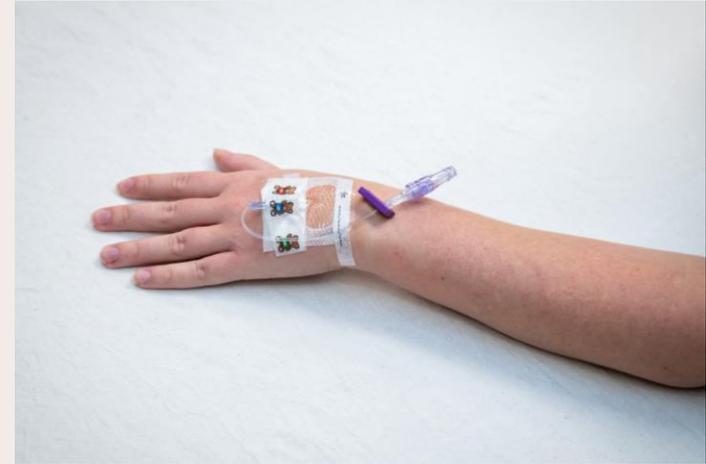
# IV

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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!

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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 toys to play with 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 can go play while they are inpatient at the hospital. The doctors and nurses will tell you if you are able to go play in it! We have toys, board games, arts and crafts, and video games in each playroom.



Playrooms are located on: 5<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>, and 10<sup>th</sup> 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!

### Directions

Take the plane elevators to the 4<sup>th</sup> 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](mailto:SurgeryChildLife@childrens.com)

children's health  <sup>®</sup>