

## Preparing for your Child's Day Surgery Procedure

Dear families,

We are committed to providing you and your child with a safe environment and have taken every precaution to do so.

**It is important you watch pre-op preparation educational video prior to your pre-op virtual appointment date at <https://www.tehn.ca/children>**

**Things you should know before you visit:**

**All patients: Immediately notify your surgeon if your child or your household contacts are diagnosed with COVID-19 or develop any of the following symptoms:**

- Cough or sneezing
- Fever
- Sore throat
- Difficulty breathing or fast breathing
- Body aches, fatigue
- Headache
- Chills
- Red eyes
- Diarrhea and vomiting, abdominal pain
- Runny or stuffy nose that progresses to one of the above symptoms

**4-5 days before surgery: All patients will receive a call from our Paediatric Pre-op Assessment clinic (PAC) to discuss the upcoming surgery.**

If for any reason your child is unable to have surgery on the day that is scheduled, please call your surgeon's office.

## **General anesthetic**

A general anaesthetic is a mix of medicines that puts your child into a deep sleep. While in this deep sleep your child will not feel any pain. You may also hear general anaesthetic called sleep medicine.

The doctor called anesthesiologist will give your child the anaesthetic. You may also hear this doctor called an anesthetist. During your child's surgery the anaesthesiologist will check your child's breathing, heartbeat and blood pressure continuously. Your child will receive the anaesthetic in one of two ways. Your child may receive the anaesthetic through a small tube in a vein called an intravenous or through a facemask.

The possible side effects of anesthesia that your child may experience:

- May feel dizzy and/or grumpy
- Have a sore throat and/or cough
- May feel sick to the stomach
- May vomit/throw up

These types of side effects are usually normal. There is a very, very small chance that your child may have a serious problem during or after an anaesthetic. The serious reaction may include an allergic reaction to a drug, brain injury, or a cardiac arrest. The anaesthesiologist will watch your child very closely and will be ready to deal with these problems.

If your child has a serious problem during or after the anaesthetic he or she may have to stay at the hospital longer. Your child will wake up soon after his or her operation. You may be with your child as soon as he or she wakes up.

## **The evening before surgery:**

Call 416-469-6580 ext. 6616 after 4:00 pm the evening before the surgery so you know what time to come to the hospital with your child.

It is important to follow the feeding instructions below to reduce your child's chance of throwing up, which could hurt your child's lungs. **If you do not follow these instructions your child's operation will be delayed or cancelled.**

## **After midnight the night before the surgery:**

Make sure your child stops eating solid food. NO food is allowed. This includes gum and candy. Clear fluids are beneficial for your child

## **Up to six hours before the surgery time:**

Your child can have cow's milk or formula

## **Up to four hours before the surgery time:**

Your child can have breastmilk

## **Up to one hour before the surgery time:**

Encourage your child to drink clear liquids only. Examples of clear liquids are apple juice, water, other clear pulp free juice, sports rehydrating drinks, Jell-O, popsicles, ginger ale. Do

not give your child orange juice. **NOTHING** by mouth 1 hour before surgery or your surgery will be cancelled

### **The day of surgery:**

**YOU AND YOUR CHILD MUST BE AT THE HOSPITAL ON TIME OR YOUR SURGERY MAY BE CANCELLED.**

Please **BRING** these items to the hospital with you:

- Ontario Health Card.
- Secondary Insurance Information.
- All medications that your child is currently taking including inhalers (puffers) and eye drops. Please ask the surgeon if your child can take medication with a sip of water on the day of the surgery.
- If you are not able to communicate in English, MGH has a phone service available to translate on your behalf.
- Storage cases for glasses/contacts, which should be removed pre-operatively.

Please **DO NOT BRING:**

- **Valuables** - the hospital does not assume responsibility for lost or stolen items.
- **Jewelry/Body Piercings** – Remove and leave **all** jewelry/piercings **at home**, these items **cannot** be worn during surgery. **NOTE:** your child's surgery could be cancelled if not removed.
- **Personal items:** any extra belongings that are not required for this visit should be left with your escort (if possible).
- Please **remove** your child's **nail polish** before your visit

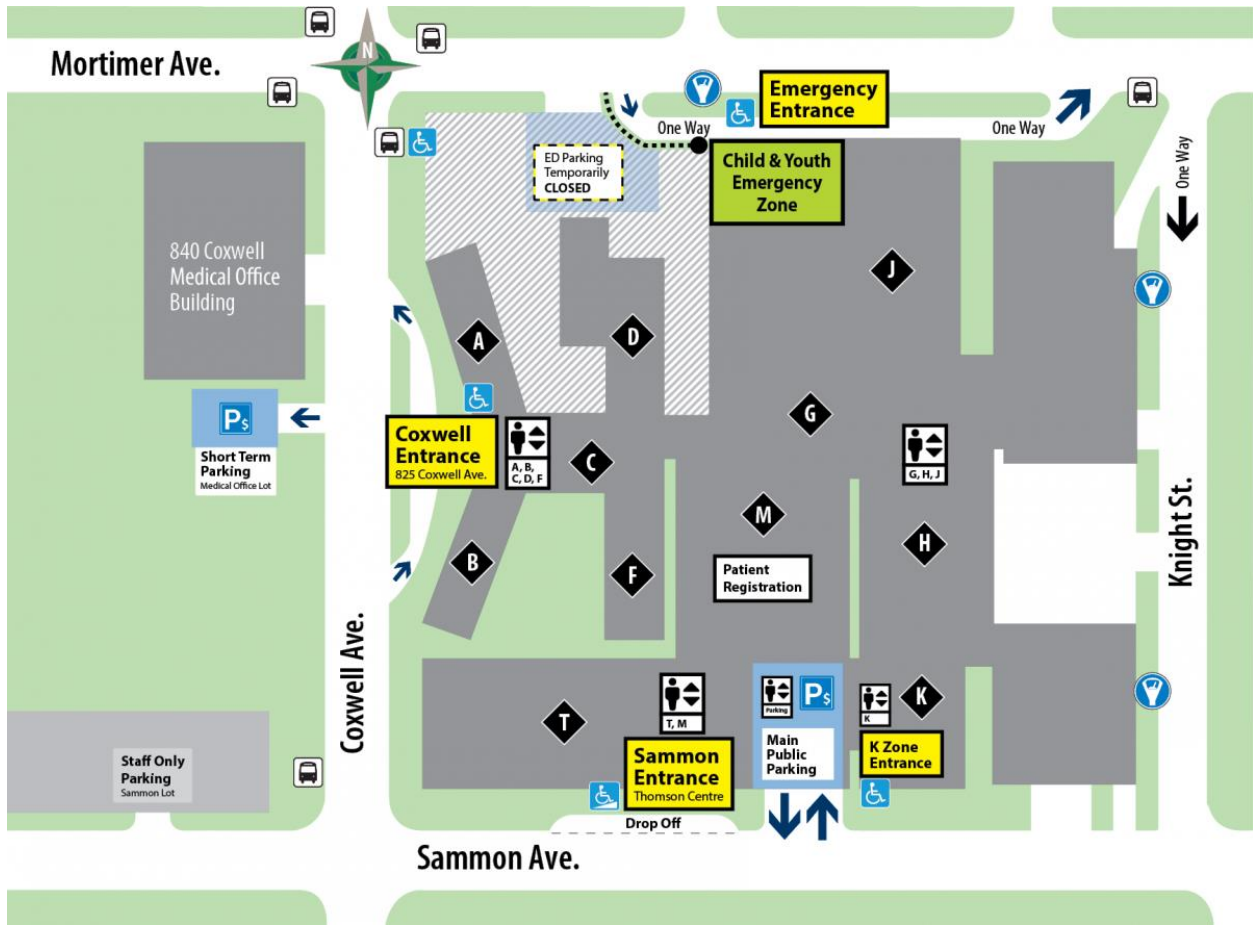
### **When you arrive to the hospital on the day of surgery:**

- Enter the hospital through the doors located on Sammon Avenue
- Please go to the **Admitting Registration Department**, located on the main floor (M1)
- After you register in Admitting, **take the G/H wing elevators to the 7<sup>th</sup> floor and proceed to G7 (Paediatrics).**

### **Upon Arrival to G7 floor (Paediatrics):**

- To prepare your child for the surgery your nurse will ask you (your child) some questions, perform a set of vital signs
- Your child will be provided with a hospital gown or pajamas
- You and your child will be escorted to surgical waiting room located on the 6<sup>th</sup> floor where you will wait in the Surgical Pre-Operative Waiting Room until it is time for your child's operation.
- After your child's operation is done your child will spend short stay (up to one hour) in the PCU Post-op Recovery Room. Specially trained nurses will watch your child. These nurses will check your child's breathing, heartbeat, temperature, and blood pressure regularly.
- After PCU Post-op Recovery Room you and your child will be escorted back to Paediatric Day Surgery area on G7 (Paediatrics)
- Once you return to the Paediatric Day Surgery area on G7 the length of stay may vary from half an hour to four hours. Your nurse will inform you of this on admission.
- Please be sure you have transportation arranged for you and to accompany your child home.
- Prior to discharge your child's nurse will assess your child and will ensure that your child is meeting the criteria for discharge. Your child nurse will review with you and your child post-

operative instructions, and will answer all the questions you may have on how to look after your child after the surgery at home. The nurse will give you the prescription (if ordered by your surgeon) and will inform you on follow up appointment with your surgeon.



Paediatric Pre-Operative  
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