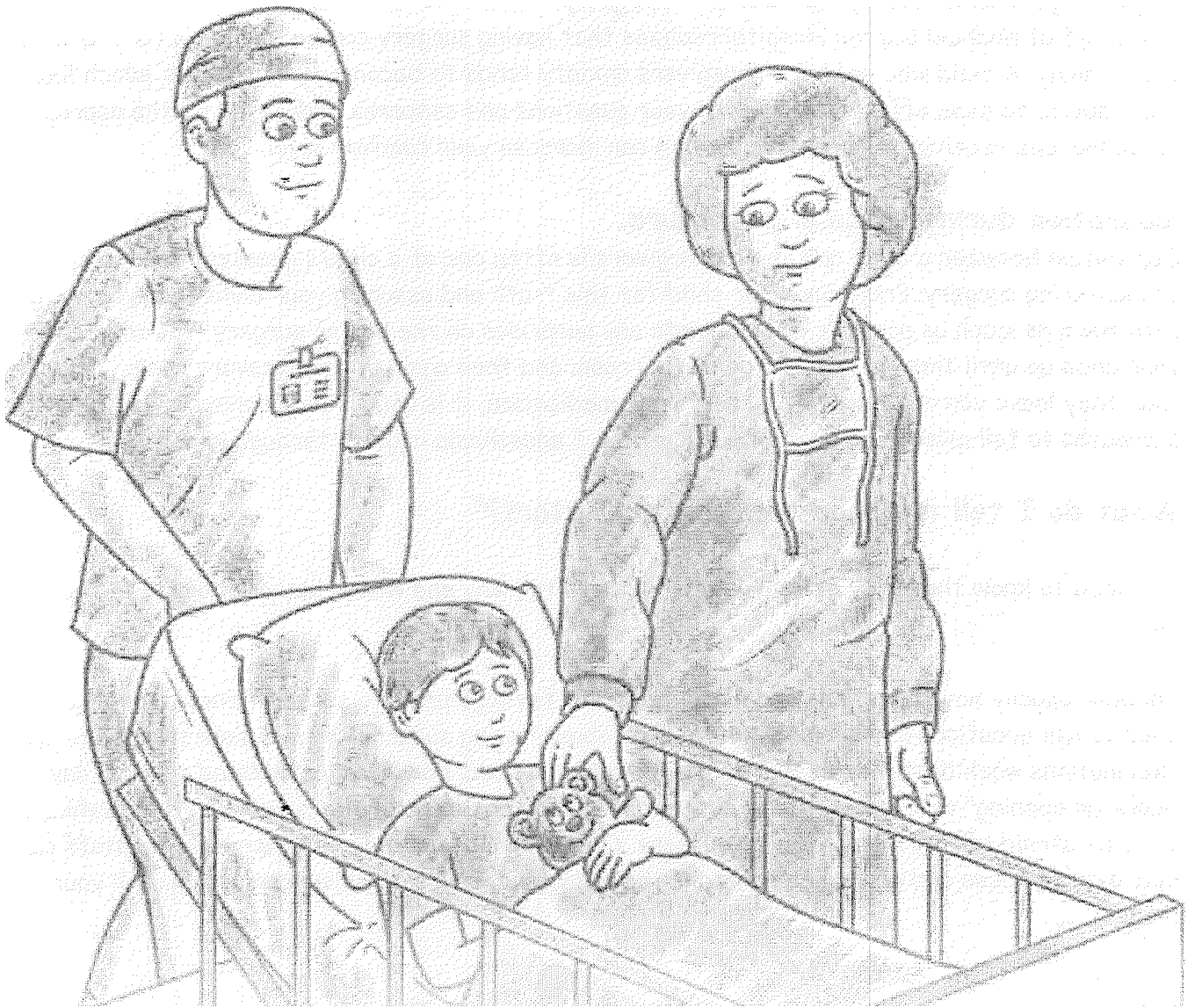


# I'm Having Surgery at Michael Garron Hospital



## Colouring Book

# THE MESSAGE TO PARENTS/CAREGIVERS

This book is designed to inform you and your child what to expect on the day of surgery. It also describes ways you can emotionally prepare a child for their operation.

## HOW YOU CAN HELP

### 1) Prepare yourself for your child's surgery.

The staff at Michael Garron Hospital realizes that having surgery can be stressful for a child and their family. A child who senses a caregivers anxiety tends to become more anxious, which limits their ability to cope effectively. Having your questions and concerns addressed by the appropriate personnel and receiving enough information can increase your comfort level.

### 2) Separation during surgical procedure.

Separation between a child and their caregivers is often one of a child's greatest fear when encountering surgery. Preparing your child for this truth and assuring your child that you will be with them as much as possible will eliminate any surprises on the day of surgery. You will be with your child up until they go into the operating room and then again in the recovery room. From the time they leave you and have their anesthesia medication, it is usually only a minute. It takes about 5 breaths to fall asleep and only a few moments if anesthesia is given through an IV.

### 3) "What do I tell my child and how do I start?"

Children need to know that they are coming to the hospital, why and when they are coming to the hospital.

Children usually have questions and many different feelings prior to surgery. Encourage your child to ask questions and share their feelings about having surgery. Simple, honest answers and explanations work best. Be mindful of the language you use. For instance, instead of "cut" say "make an opening" or "remove". It is not uncommon for children to view surgery as a "punishment"; or to be afraid of "waking up" during surgery. Child Life Specialists and other hospital staff can help explain these and any other concerns that may be expressed during discussion with your child.

### 4) Play

Give your child opportunities to 'rehearse' surgery events and play 'hospital'. A doll or stuffed animal can be used to show a child where on their body the surgery will be and to demonstrate and practice procedures that they can expect to experience.

### 5) Read this book with your child in a calm, quiet environment.

Many of your child's questions may be answered reading this book. It is important that children are prepared as much as possible for their procedure to foster a sense of mastery within their environment and to maximize coping.

## **This book belongs to:**

I am having surgery on: Date: \_\_\_\_\_

My doctor-s name is:

When I am at home I like to:

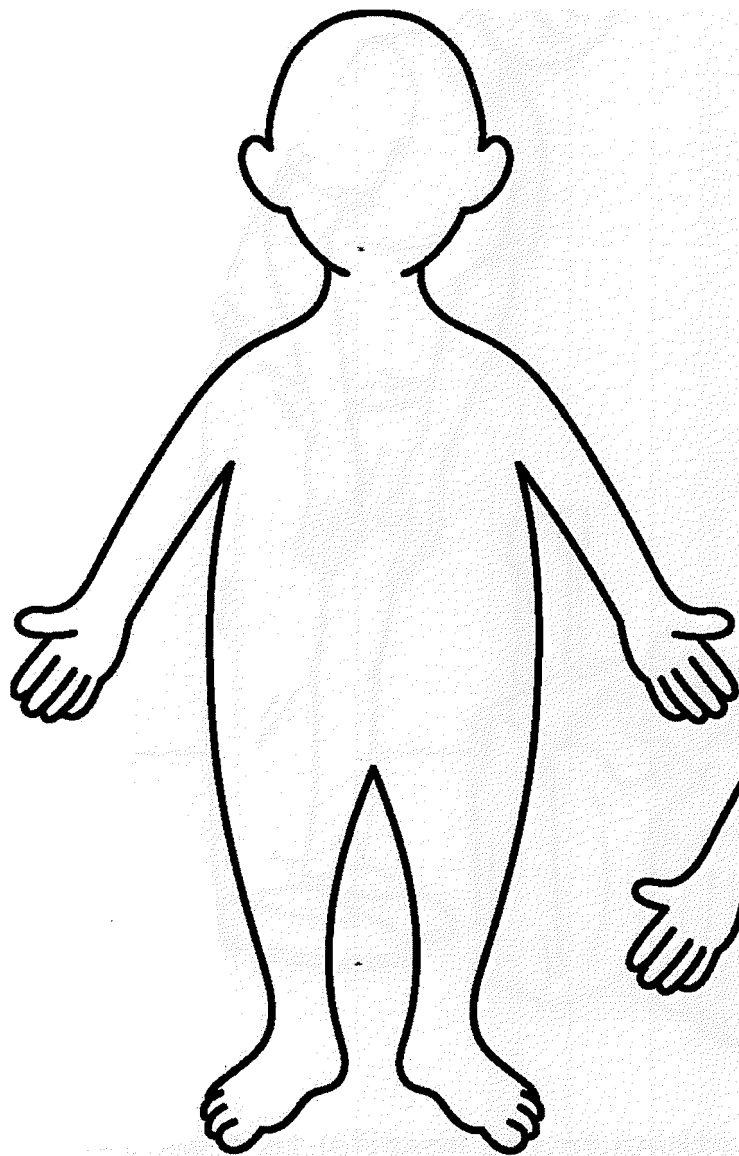
One thing that I would like everyone at the hospital to know about  
me is:



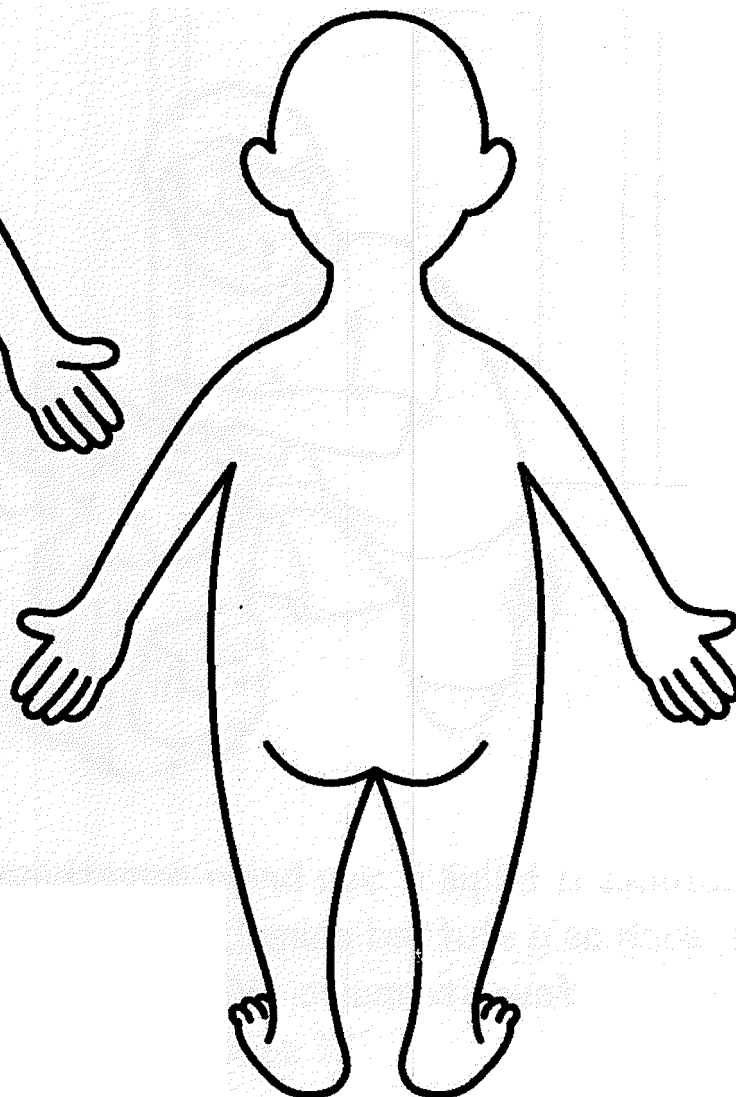
Your caregivers and doctor have decided that you need to have an operation. Some people call it surgery. You may have \_many different feelings about this. This is a book that will help you learn more about your surgery.

Circle the part on this picture your surgery *is* going to be on.

FRONT



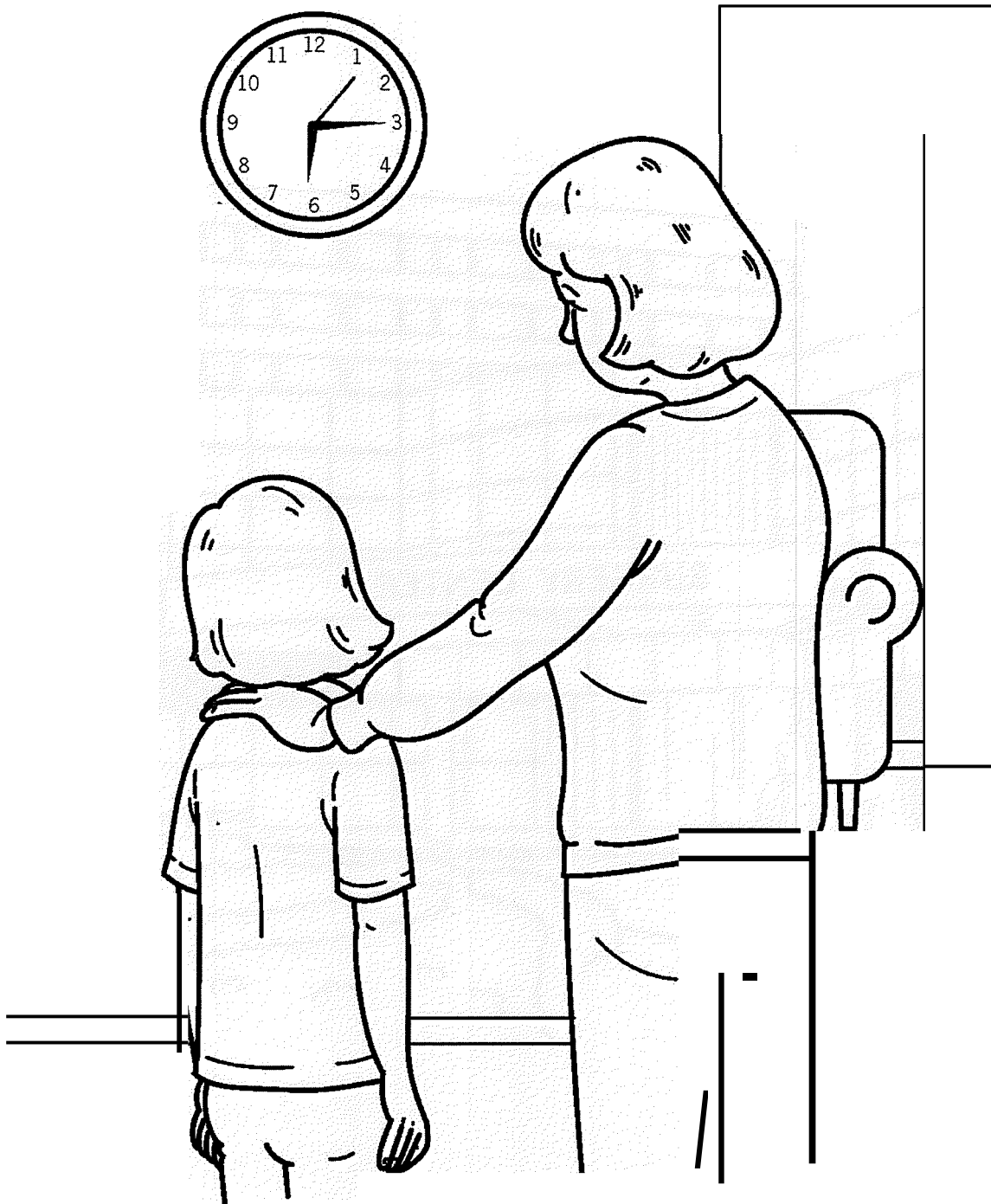
BACK



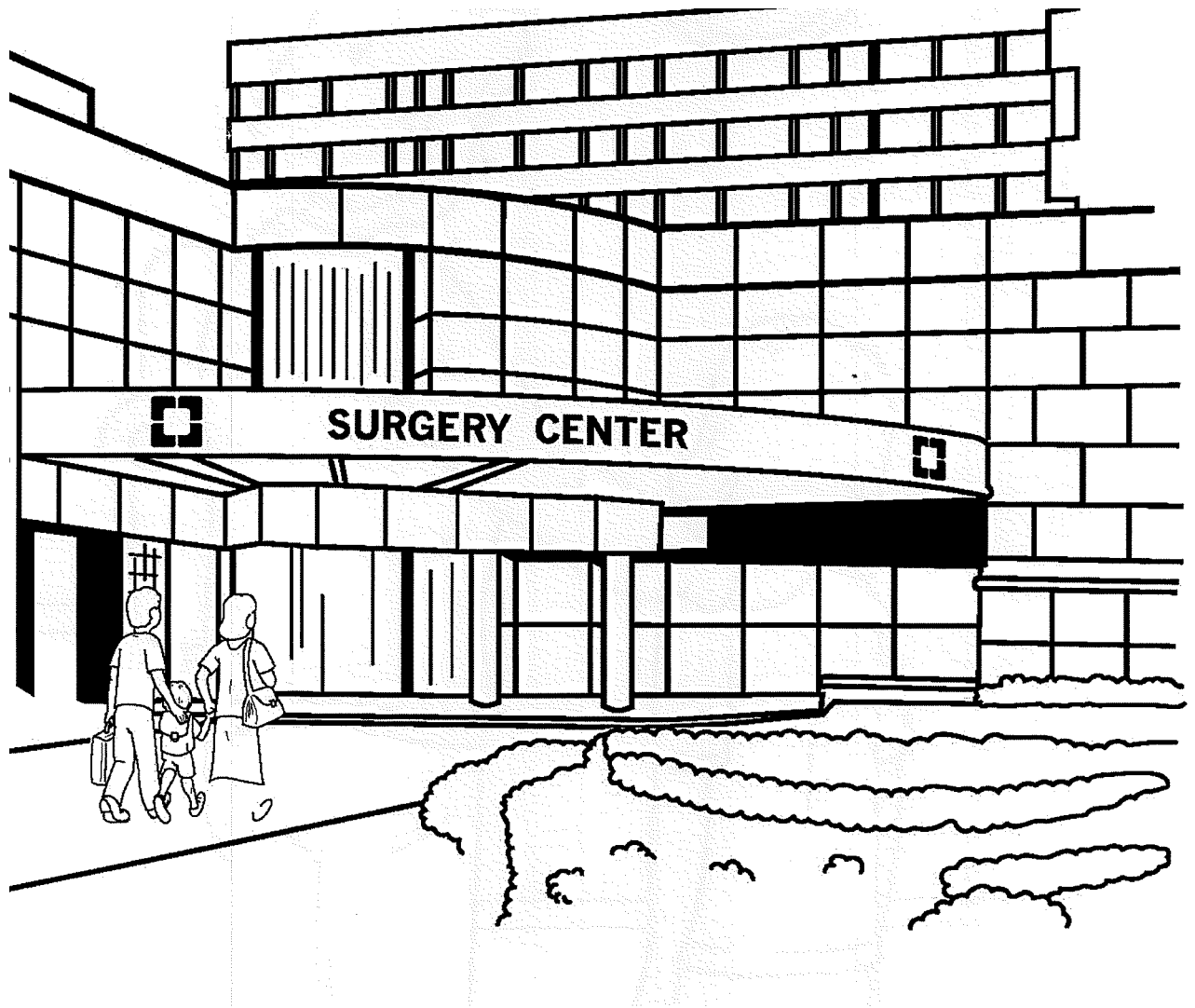


Sometimes it helps if you bring something to the hospital that you really like, such as a stuffed animal, a game, a special toy, a book or even your favorite music. Will you bring something special?

If so, what will you bring?



On the morning of your surgery you will not be able to eat and drink like you would on normal days. This is because you will be getting medicine called anesthesia which works best when your tummy is empty. Your family will let you know when it is time for you to eat and drink again.

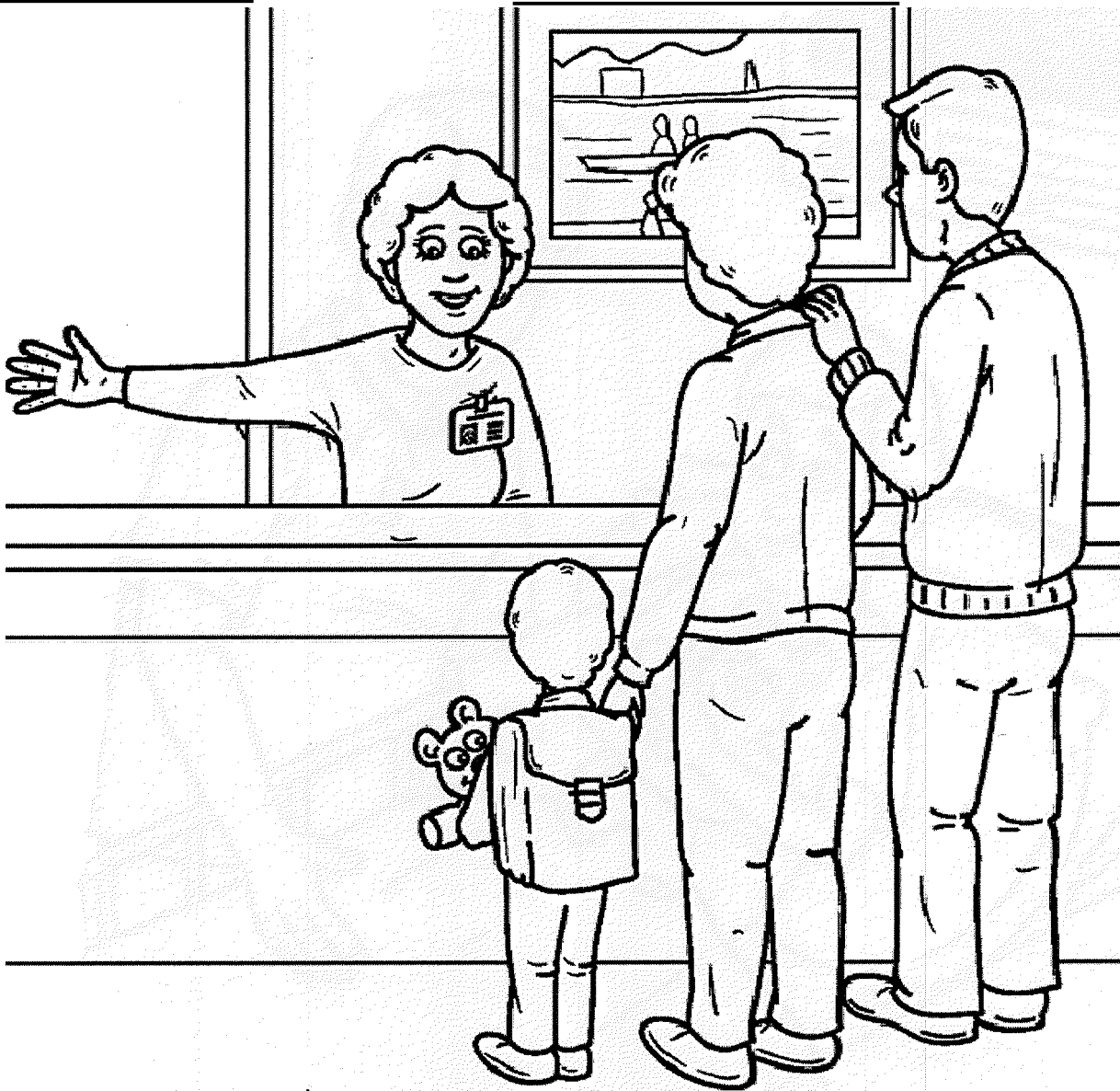


Some kids feel excited, some feel unsure, and some may even feel a little nervous about surgery. It is important to share with others **your thoughts. How are you feeling?**

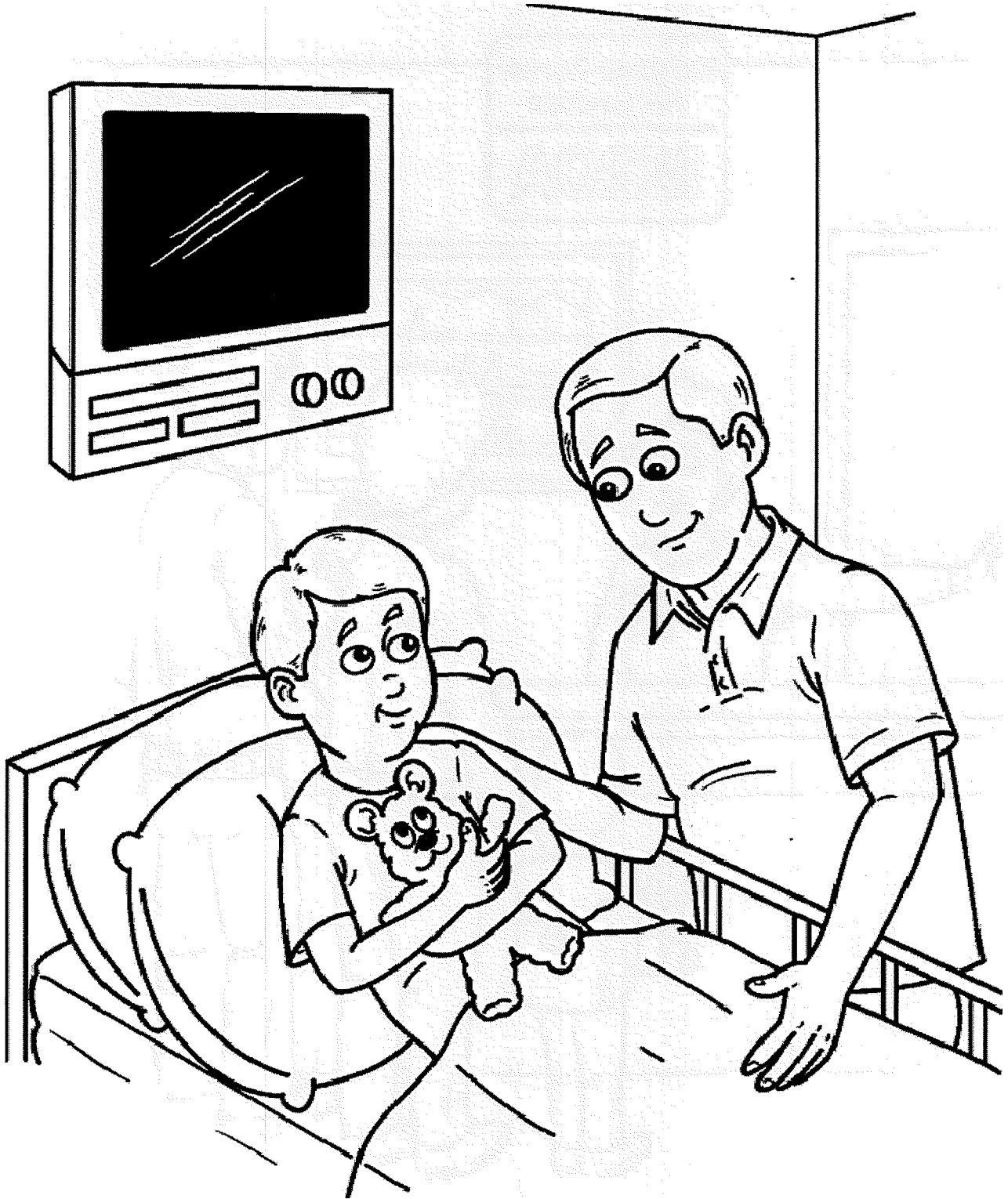


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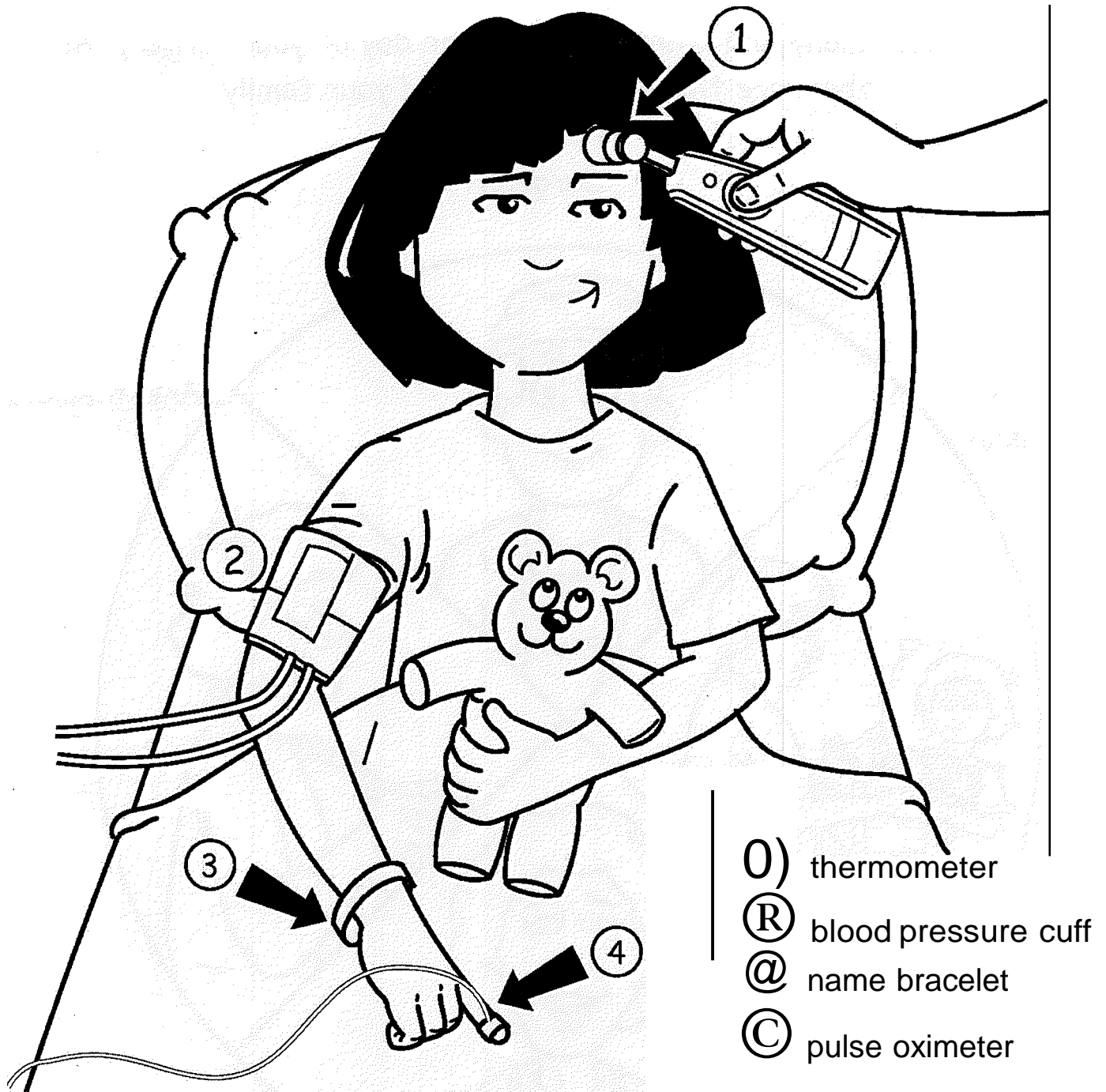
M20A



Inside, you will go to the Registration Department to be registered for your procedure and a friendly person behind a desk will tell you and your family which area to go to next. The children's unit is on the 7<sup>th</sup> floor, G Wing.



After you enter your room, you will be asked to change into hospital pajamas. What color do you think they will be?



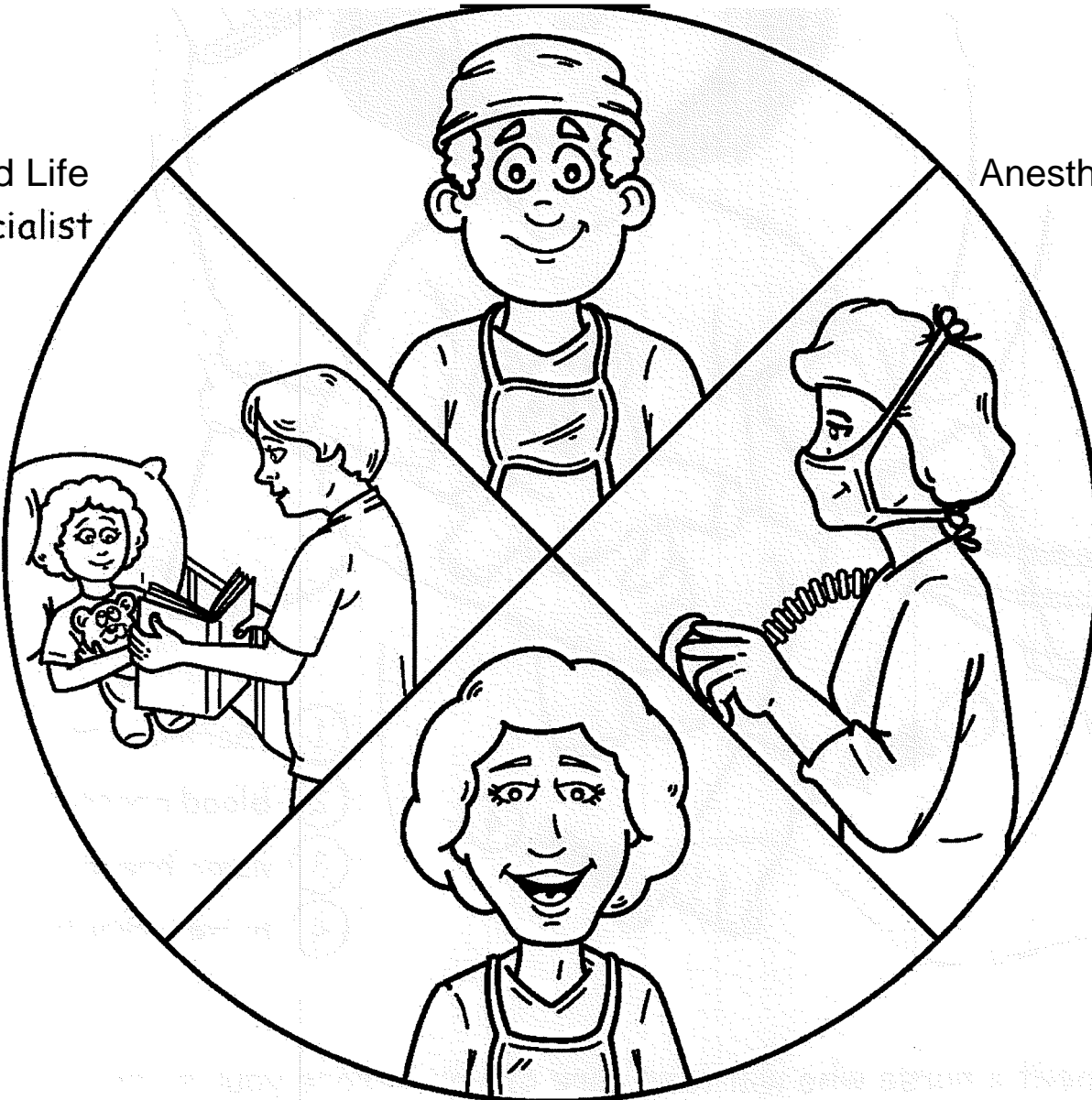
You will meet a nurse who will take care of you before your surgery. They will give you a bracelet to wear with your name and birthday on it. They will ask you and your family some questions, weigh you, measure your temperature, blood pressure, and place something called a "pulse oximeter" on your finger which measures your oxygen level. If you look closely, you can see a bright, red light.

You will meet many different people on the day of your surgery. All of them are there to help you and your family.

Surgeon

Child Life Specialist

Anesthesia logist



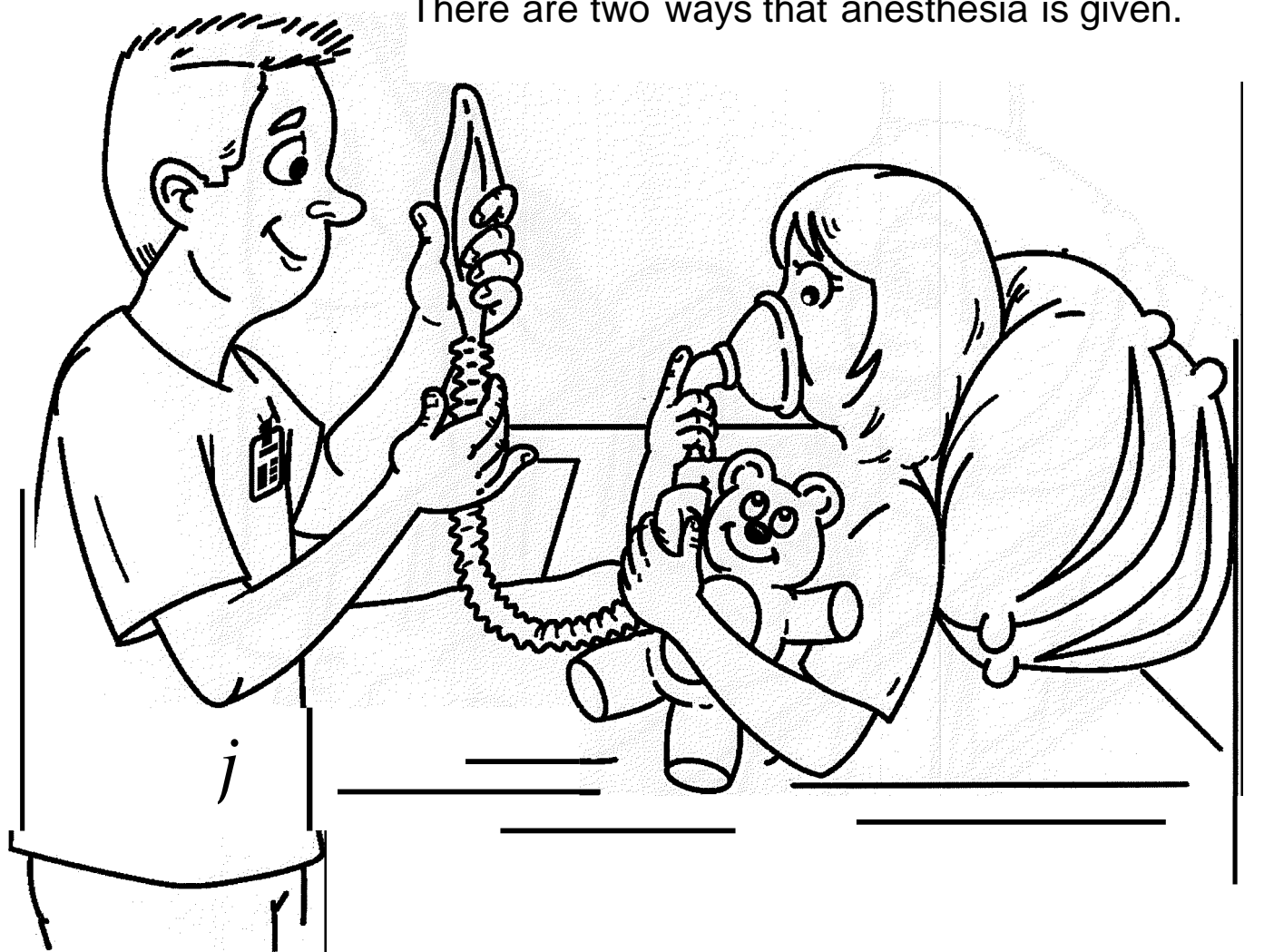
Nurse

Do you know what each one of these people's jobs are?

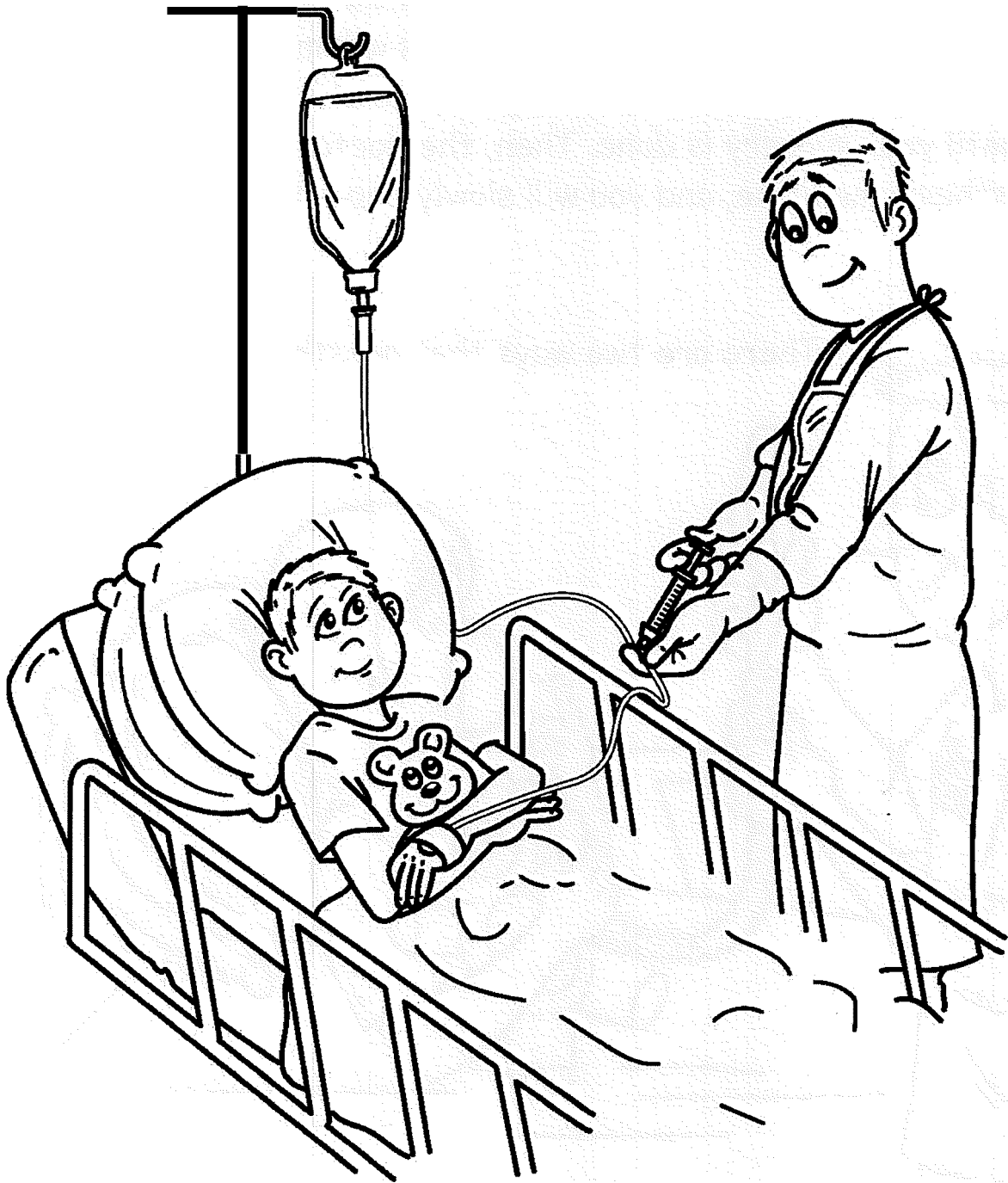
In the operating room, you will be given medicine called anesthesia so that you don't feel anything during your surgery. This will make you fall asleep.

This is a different sleep than the sleep you have at night. You will stay asleep only until your surgery *is* done. Then, the doctor will stop giving the anesthesia medicine, and you will slowly begin to wake up.

There are two ways that anesthesia is given.



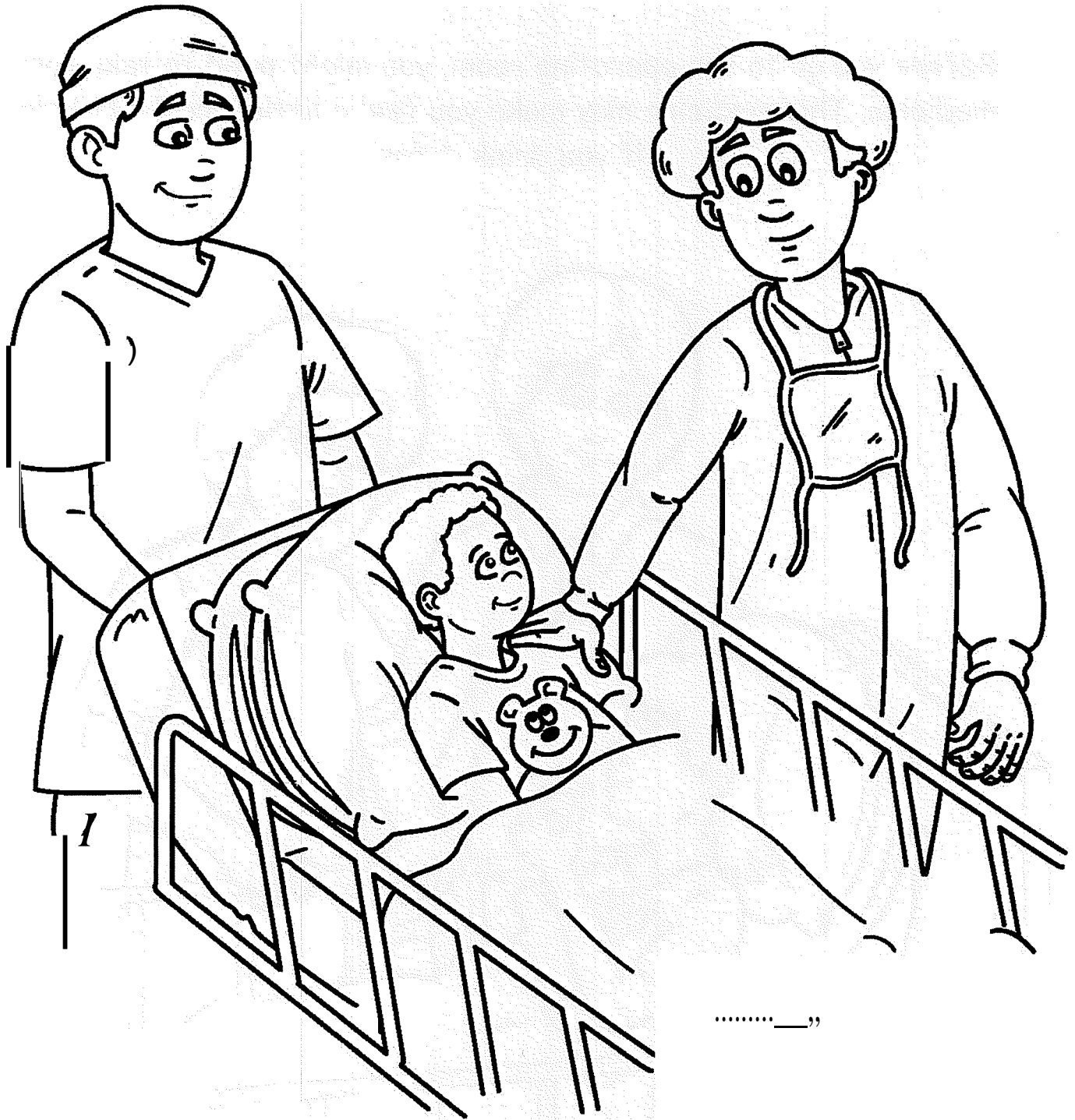
The first way is to breathe the medicine through a clear mask which fits over your nose and mouth.



The second way is through a very tiny plastic straw which is placed in a vein often in your hand or arm. This tiny straw is called an *IV*. Now your medicine can go through the tube which is connected to the tiny straw.

Before you go to the operating room, you might need to take some medicine. This medicine may make you feel a little tired. It helps if you drink it fast.





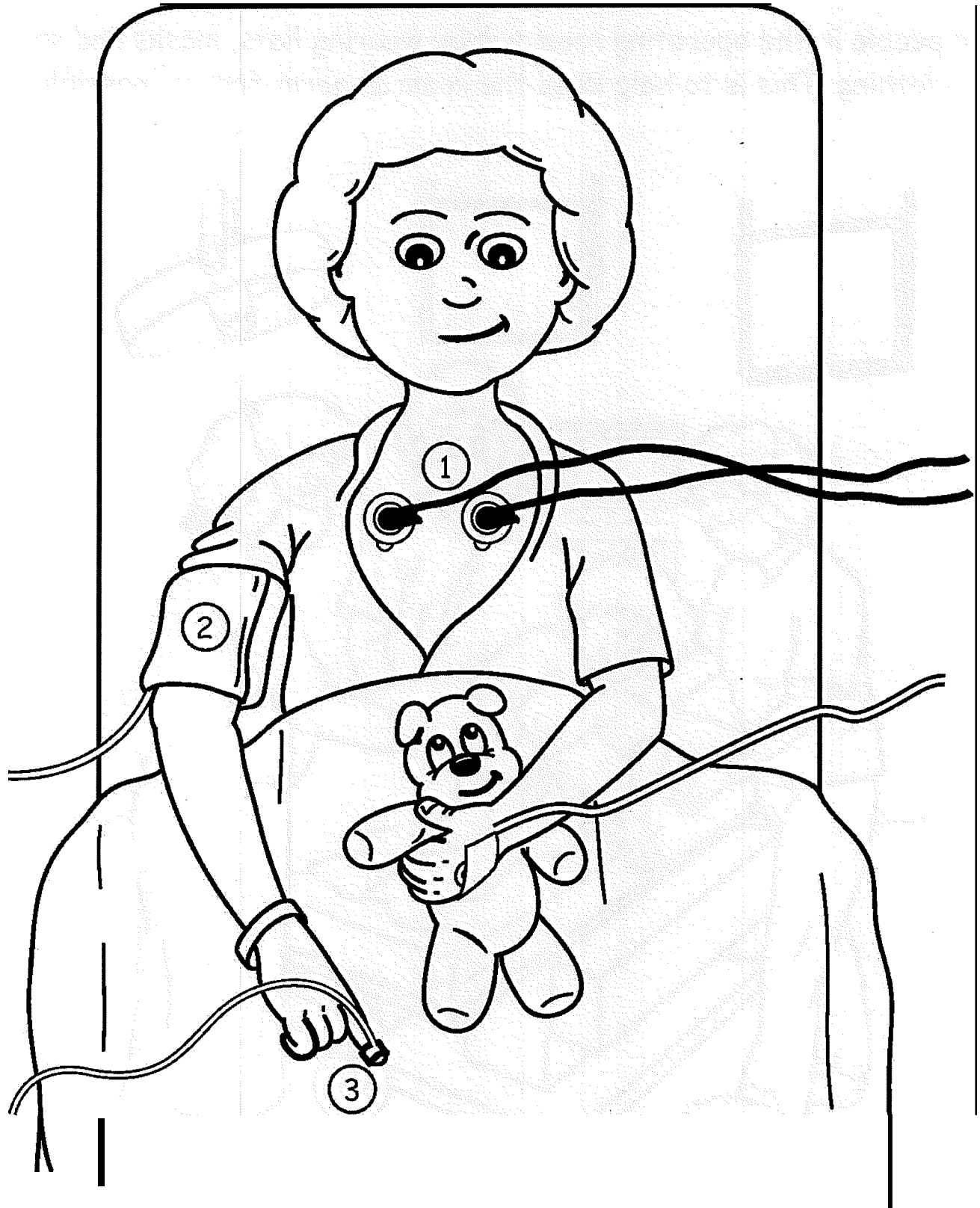
Soon it will be time to go to the operating room. This is the room where your surgery will take place. You may choose to walk beside a nurse or doctor or ride in a bed down the hall to the operating room. Your family will be waiting close by for you.



The people in the operating room will be wearing hats, masks and special clothing. This is to help keep the room as germ-free as possible.



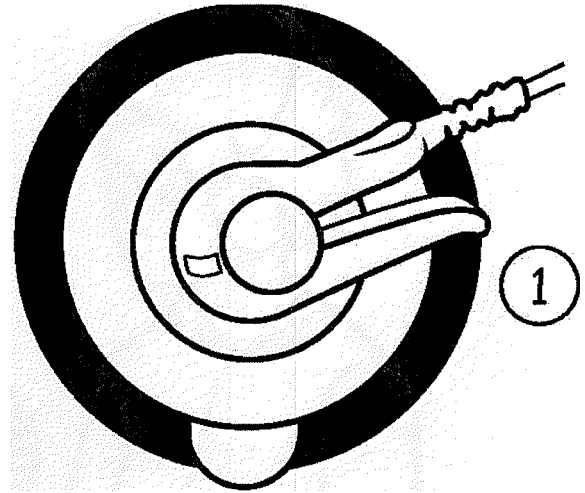
The operating room is bright with big, round lights on the ceiling, different machines, some of which make beeping sounds, and a long bed. The nurses and doctors will help you move on to this bed.



While you are in the operating room, the doctors and nurses will watch you closely. One way they do this is by attaching three different kinds of monitors to you. Two of the monitors were used when you were checked in.

## Heart electrodes -

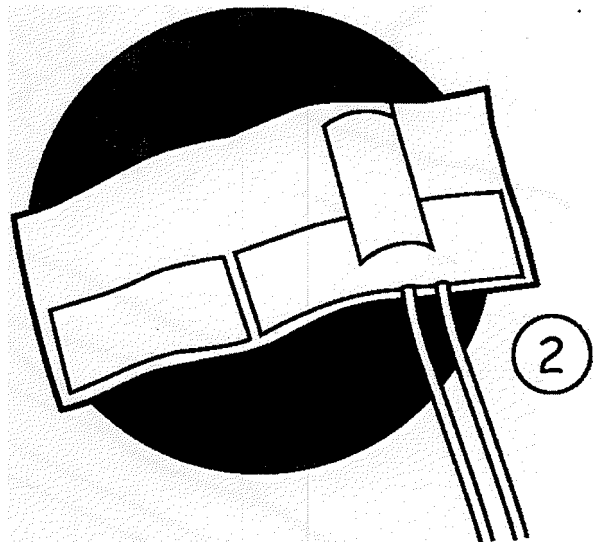
Stickers which measure your heart beat during surgery.



Attaches to your chest and back

## Blood pressure cuff -

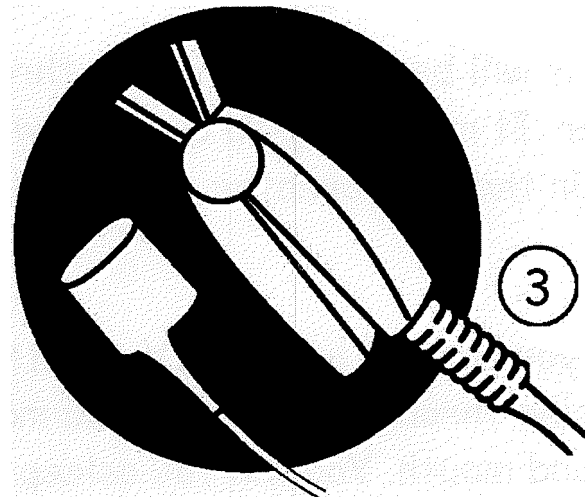
Measures how fast your blood is moving through your body.



Wraps around your arm or leg

## Pulse oximeter

Measures your breathing during surgery.

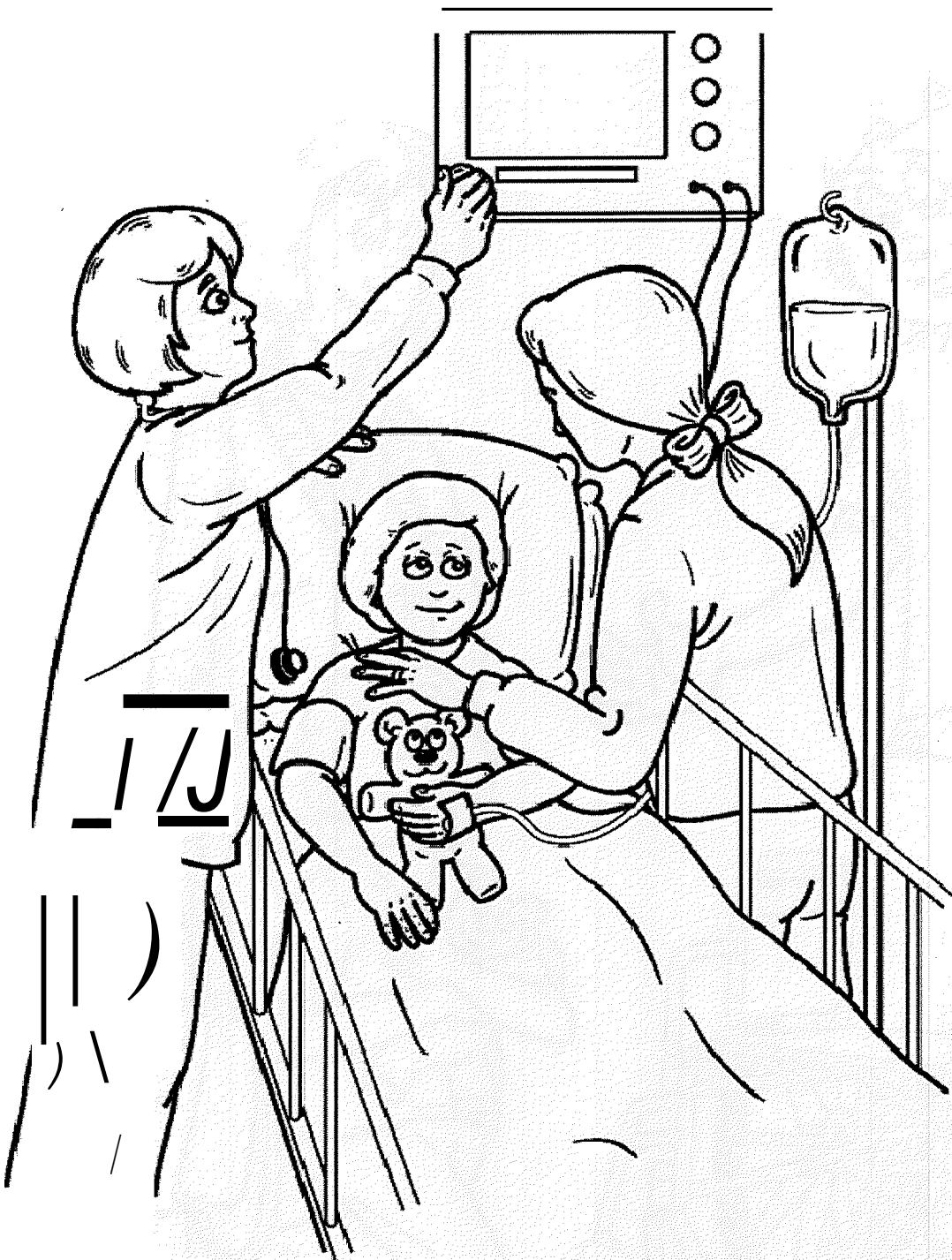


Placed on your finger or toe

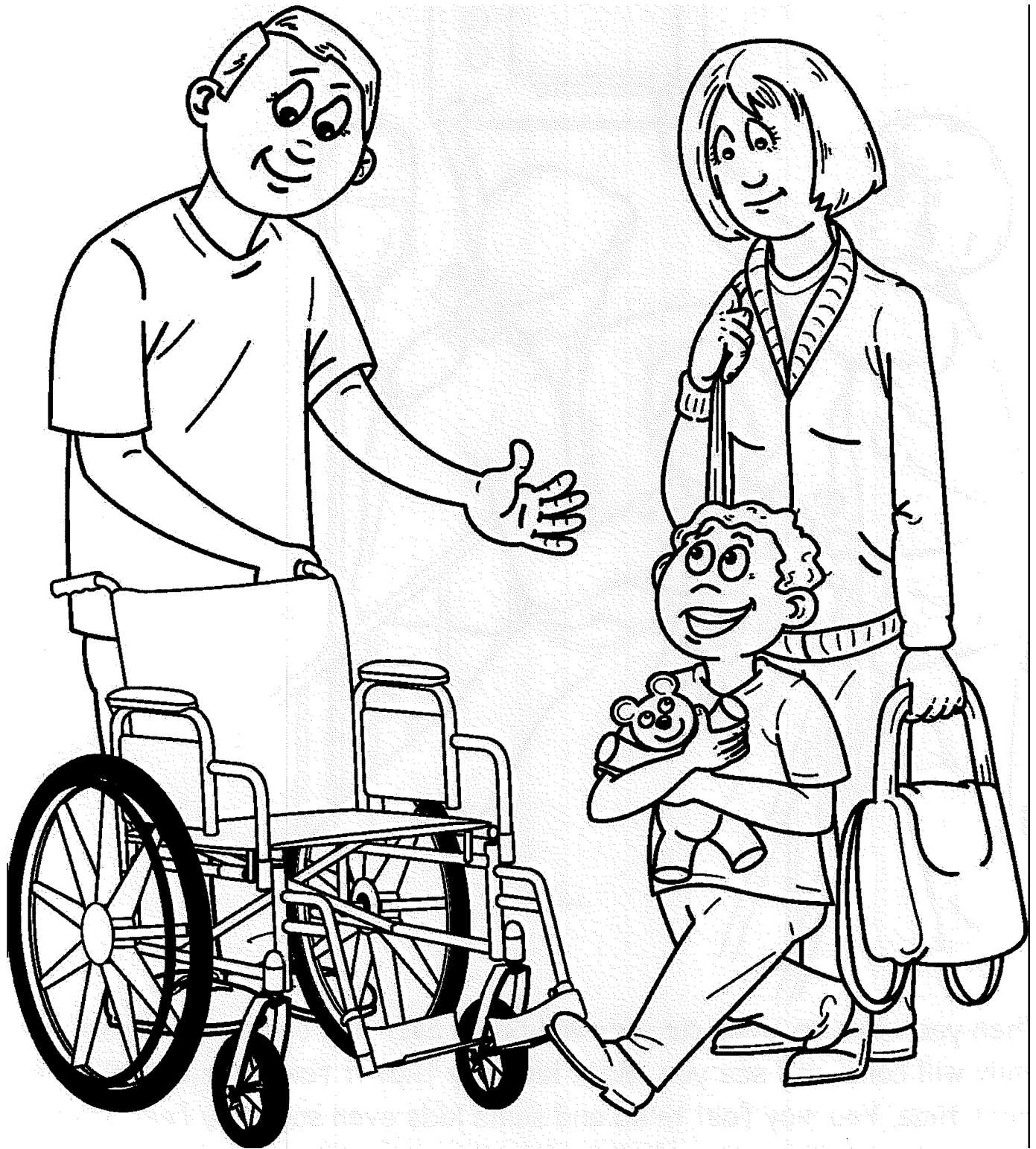


Soon, it will be time to breathe through the soft mask you learned about earlier. It might help to count slowly or to think of your favourite place. The air that you breathe might have a smell, but it lasts only for a short time.

If you already have an *IV*, then the doctor can put your anesthesia medicine through that tube. You may have a mask with oxygen over your nose and mouth. You will fall asleep quickly and the doctor will begin your surgery.



When you wake up, your surgery will be all over and one person from your family will come and see you. Most kids say that it feels like it took a very short time. You may feel tired and some kids even say they feel "yucky", but soon you will begin to feel better. You will still have on some of the same monitors that you had on before surgery. If you did not have an *IV* before, you will notice that one might have been put in during your surgery. It will be giving you water and medicine and has to stay there until it's time for you to go home. It doesn't hurt when it comes out.



Before you go home, the nurse will take out your *IV* and put a bandage there. Now it is time to get dressed. Since you might still be a little sleepy, you may want to ride in a wheelchair to the exit.

At home you will be able to rest until you are feeling better.





If you need to stay overnight at the hospital, it is OK for one of your caregivers to spend the night with you. Each room has a button to call the nurse if you need help. To make your room feel more like home, each room has a *TV*.





The doctor will tell you when you are well enough to go home. On that day, you might choose to ride in a wheelchair out of the hospital. Remember to choose something from our 'treasure chest' and say good-bye to your new friends at Michael Garron Hospital.

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# QUESTIONS I HAVE

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# "I'M HAVING SURGERY AT MICHAEL GARRON HOSPITAL"

Adopted from  
Cleveland Clinic Children's Child Life Department

Edited by  
Diana Tustin, Child Life Specialist, Michael Garron Hospital

Illustrated by Ken Kula

If you have any questions regarding your child's preparation,  
please contact Morgan Livingstone, Child Life Specialist at:

416-469-6580 X6033 or email [Morgan.Livingstone@tehn.ca](mailto:Morgan.Livingstone@tehn.ca)

## Children's books about surgery

Hatkoff, Juliana. **Good-bye Tonsils.** New York: Penguin Group, 2011.

Bourgeois, Paulette. **Franklin Goes to the Hospital.** Toronto: Kids Can Press, 2000.

Berenstain, Michael. **The Berenstain Bears: Hospital Friends.** Philadelphia: Harper Festival, 2015

