

Preparing for your Child's Day Surgery Procedure

Dear families,

Due to the COVID-19 pandemic, we have changed some policies that will impact your child's surgical visit. Rest assured, we are committed to providing you and your child with a safe environment and have taken every precaution to do so.

Please watch preop preparation educational video at <https://www.tehn.ca/children>

Things you should know before you visit:

14 days before surgery: *You and your child **must** self-isolate for two weeks before coming for surgery. More information on self-isolation is available through [Public Health Ontario or your doctor's office.](#)*

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 Pediatric Pre-op assessment clinic (PAC) for further COVID-19 screening. IF your child requires a COVID-19 test and it is not already arranged, the PAC will arrange an appointment for you.*

COVID-19 SCREENING:

ALL patients require a COVID-19 test 3-4 days prior to surgical date. You will receive information about your appointment date from your surgeon's office.

We recommend you do not obtain COVID test outside of Michael Garron Hospital as we may not be able to access the result in timely manner. Should you obtain Covid test outside of MGH. Please ensure you bring a copy of your results with you day of surgery and/or fax to # 416-469-6618.

NOTE: IF an appointment date for COVID-19 test has not been obtained please proceed to WALK into the MGH COVID-19 Assessment Centre between the hours of **8am and 7pm, 3-4 days prior to surgery – COVID Assessment Centre is open 7 days a week.** If you have any questions or concerns, please contact your surgeon's office.

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 anaesthesiologist 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 or milk is allowed. This includes gum and candy.

Up to four hours before the anaesthetic:

- Give your child 4ozs of clear liquids only. Examples of clear liquids are apple juice, water, jell-o, popsicles and gingerale. Breastmilk is considered clear liquids. You can give your child formula 6 hours prior to surgery
- Do not give your child milk or orange juice. For example if your child is receiving an anaesthetic at 12 noon, stop giving clear liquids at 8:00 am

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.

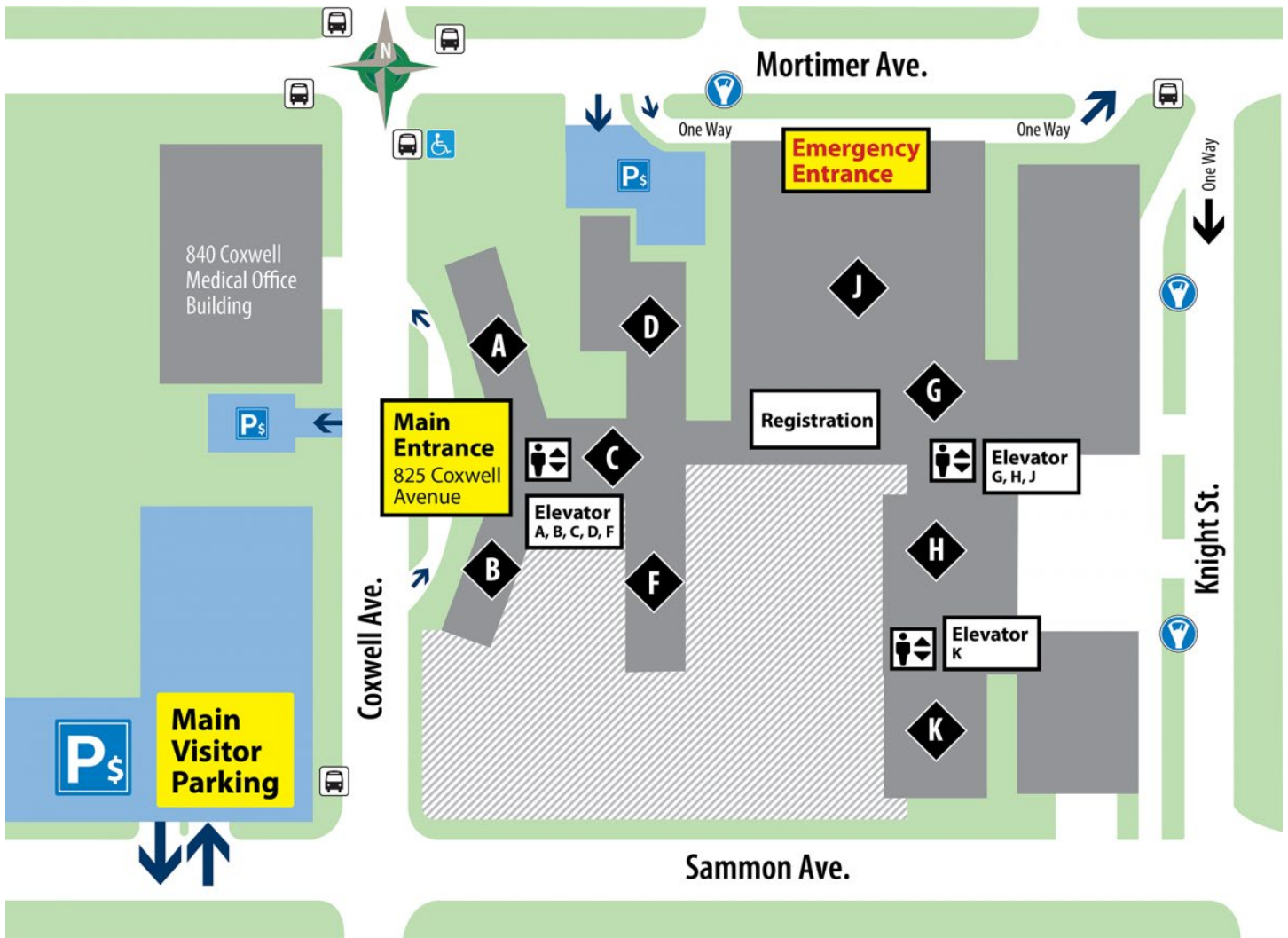
- **Personal items:** any extra belongings that are not required for this visit should be left with your escort (if possible).
- Please **remove** your child's **nail polish** before your visit

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

- Enter the hospital through the doors located on Coxwell Avenue
- You and your child will be screened for COVID-19 in the lobby upon your arrival to the hospital. Screeners will ask you a series of questions about possible COVID-19 symptoms and your contact history. **If you do not pass the screening assessment, your child's surgery might be cancelled and you will have to reschedule with your surgeon's office via telephone.**
- **After you and your child pass Covid 19 screening** please go to the **Admitting Registration Department**, located on the main floor, G wing.
- After you register in Admitting, **take the G/H wing elevators to the 7th floor and proceed to G7 (Pediatrics).**
- Only one parent will be allowed to accompany the child throughout your surgical visit. The other parent can wait elsewhere outside of the hospital and pick the child up when the child is discharged home.
- Please wear a mask to your appointment. If your child is able to wear a mask please ask the child to wear a mask as well. The mask should be on before you and your child enter the building. Cloth masks are acceptable. Once the mask is in place, please avoid touching your mask or face. If you do not have a mask you will be given one upon entry to the hospital.
- Do not wear disposable gloves as they provide a false sense of security and need to be sanitized with hand sanitizer. The hand sanitizer erodes the plastic, rendering plastic gloves usefulness. Avoid using cash. Credit and debit payments are preferred to minimize contact.
- Perform hand hygiene frequently, washing your hands for a minimum of 15-20 seconds.

Upon Arrival to G7 floor (Pediatrics):

- 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 6th 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(Pediatrics)
- 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's nurse will review with you and your child's 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
 Assessment Clinic (G7), Paediatric Day Surgery (G7)
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<https://www.tehn.ca>