

# SURGERY AT HIGHLAND PARK HOSPITAL



# Preparing Your Child for Surgery

Surgery can feel stressful and overwhelming for children and caregivers. Children and teens cope better with surgery and recovery when they know what to expect before, during, and after the day of surgery. You can help your child by preparing them with information found in this book. This book was created to give caregivers the language and tools to explain what will happen.

## **OFFER HUGS AND PRAISE!**

This is a new experience that they need you to be extra loving and caring for, be that place of comfort and encouragement for them.

## **ENCOURAGE LEARNING!**

Learn about the surgery and encourage them to ask questions, if you don't know the answer, you will help find it for them!

## **PREPARE YOURSELF**

If you are prepared, you will be better informed and able to support your child.

## **BE SIMPLE & HONEST**

Use simple and honest language to explain why they need surgery in a way that makes sense for their age.

## **REASSURE!**

It is normal for them to feel nervous. Validate and acknowledge their feelings, and focus on the surgery helping their body feel better.





# Surgery Registration

When you get to the surgery registration area, check in with the desk staff. After you check in, my parents and will be escorted to the check-in room where you will meet the rest of your care team.

# MEET YOUR CHILD LIFE TEAM KATELYN, KATIE & NADINE

You also might meet with a Child Life Specialist who will be kind of like your hospital teacher & friend while you are here.

Their main job is to help you learn more about the hospital, help you feel less scared/worried, teach you healthy ways to cope and will help you have more fun while you are here!



# Pre-Op Area/Meet & Greet Room

My nurse will help check me in by checking my temperature, height/weight and listening to my heart/lungs with a stethoscope. I will also change into a gown and get a special ID bracelet with my name and birthday.

Next, I will meet the rest of the team that consists of my surgeon, nurse, anesthesiologist/sleep doctor, and a child life specialist who will help answer any questions relating to my surgery.

I will see my surgeon whose job is to help a part of my body and meet an anesthesiologist (sleep doctor) whose job is to give my body sleepy medicine (anesthesia) during my surgery. I will sometimes meet with a child life specialist whose job is to make sure I am feeling comfortable, having fun and helping me with any worries I may be feeling.



# THIS WAY

Or

# THAT WAY

**YOUR CARE TEAM WILL HELP TALK WITH YOU AND YOUR PARENT/CAREGIVER ABOUT WHICH WAY WORKS BEST FOR YOUR BODY AND WILL COME UP WITH THE PLAN PERFECT FOR YOU!**

**USUALLY, IF YOU ARE UNDER 12, YOU WILL USE THE MASK AND OVER 12 YOU GET THE IV STRAW!**

## Let's learn about two different ways to fall asleep for your surgery/procedure!!



**Anesthesia  
Mask**



**IV  
Arm Straw**

# What is an Anesthesia Mask?



- The **anesthesia mask** is a helpful tool the sleep doctor may use to help your body breathe in sleep air to help your body fall asleep for your surgery!
- The mask is **soft and squishy**, fitting perfectly like a puzzle over your nose and mouth. The mask often smells like a **strawberry or bubblegum smoothie!**
  - Some kids like to decorate their mask with stickers or choose a yummy chapstick flavor to make the mask smell extra yummy!
- For a mask induction, **your only job is to breathe** in the sleepy gas called anesthesia through the mask. After a few breaths, your body will gently drift off to sleep.
- After your body is **completely asleep**, the doctor will slide a tiny arm straw called an IV into your hand or arm to give your body the rest of the sleep medicine/fluids that it needs for your surgery!
- Remember, since your body is completely asleep, **you will not feel the IV straw** when they put it in, but you will see the straw and a bandage around your hand/arm when you wake up!

# What is an IV?

- IV stands for "into the vein or intravenous".
- An IV is a tiny arm straw (tube) that slides into your vein.
- The IV arm straw helps deliver medicine or extra fluids to help give your body the anesthesia medicine during your surgery.
- For IV induction, a tiny tube called an IV straw will be placed in your arm. Through this tube, the anesthesia sleep medicine will gently make you feel warm and drowsy, like snuggling into a cozy blanket.
- When it's time for your surgery, a sleepy liquid called anesthesia will flow into your bloodstream through the IV in your arm. This ensures you won't feel any pain and won't see, feel, hear, or remember anything during your surgery.
- Before heading to the procedure room, you'll also receive relaxing medicine through the IV, helping you feel calm and relaxed. This prepares your body for the deeper sleep medicine you'll receive once in the operating room.
- Soon after getting into the procedure room, you'll drift off to sleep, and before you know it, your procedure will be complete and you will wake up and see your parent/caregiver!





# Steps for Your IV

**Finding the Blue Lines:** Your body has these tiny blue lines called veins in your hand or arm. First, the nurse or doctor will gently find a good spot using just their fingers and eyes. You will feel a tight hug around your arm with a big blue rubber band to help see your veins better.

**Cleaning Time:** Once they find a good vein for your IV, they'll clean the spot where the special arm straw (IV) is going.

**Distract Your Mind:** Your job is to distract your mind during the poke. You get to choose – look or look away, count, take deep breaths, or even watch a funny video or listen to your favorite song! Your job is to help keep your mind busy and calm your body during the poke. You're in control!

**Lidocaine “Helper” Poke:** Now, here's the part where they use a teeny-tiny needle to give you a “helper” poke where they will slide the IV straw in. It feels like a bug bite and sometimes feels warm, and this helper poke helps to numb the area where your IV will be.

**Tiny Straw Time:** That special straw, the IV, is like a tiny bendy tube/straw. It slides into one of those blue lines in your hand or arm. Remember, you're all numb now, so you might feel pressure, but the straw will slide into your vein. Your job is to hold your arm still and focus on breathing and calming your body.

**Sleep Medicine:** When it is time for your procedure, the doctors will connect their medicine to the straw to give you some relaxing medicine before your surgery. They will then use the same straw to help give you the sleep medicine, anesthesia. This is the stuff that makes you take a really good nap during the surgery.



# The Power of Distraction

During your IV poke, it can be helpful to choose to focus on other forms of distraction to help you feel more calm and in control of your body:



1. Use **Buzzy**: Consider using Buzzy, a vibrating tool that can help distract your mind from the poke.
2. **Squeeze a Stress Ball**: Holding a stress ball and giving it a squeeze can be a helpful distraction.
3. **Take Deep Breaths**: Practice taking slow, deep breaths to help relax your body.
4. **Focus on Your Favorite Show or Video**: Watch your favorite show or funny video during the poke.
5. **Count or S..i.ng**: Counting or singing a favorite song in your head can be a good way to shift your focus.



What do you think you want to do?



# Operating Room/"OR"



When the doctors are ready for your surgery, you can tell your parents, "See you soon!" You'll get to see them once your surgery is finished.

A friendly nurse will be there to help push your bed into the operating room, the special place where you'll get the sleep medicine and have your surgery.

In the operating room, you'll switch to a new bed with a warm blanket to help you get all cozy before your nap.

# Monitors/Stickers



When you get in the new bed, the anesthesia sleep team will help put stickers on your chest to watch your heart during surgery.

You will also feel a blood pressure cuff around your arm. This might feel like a tight squeeze.

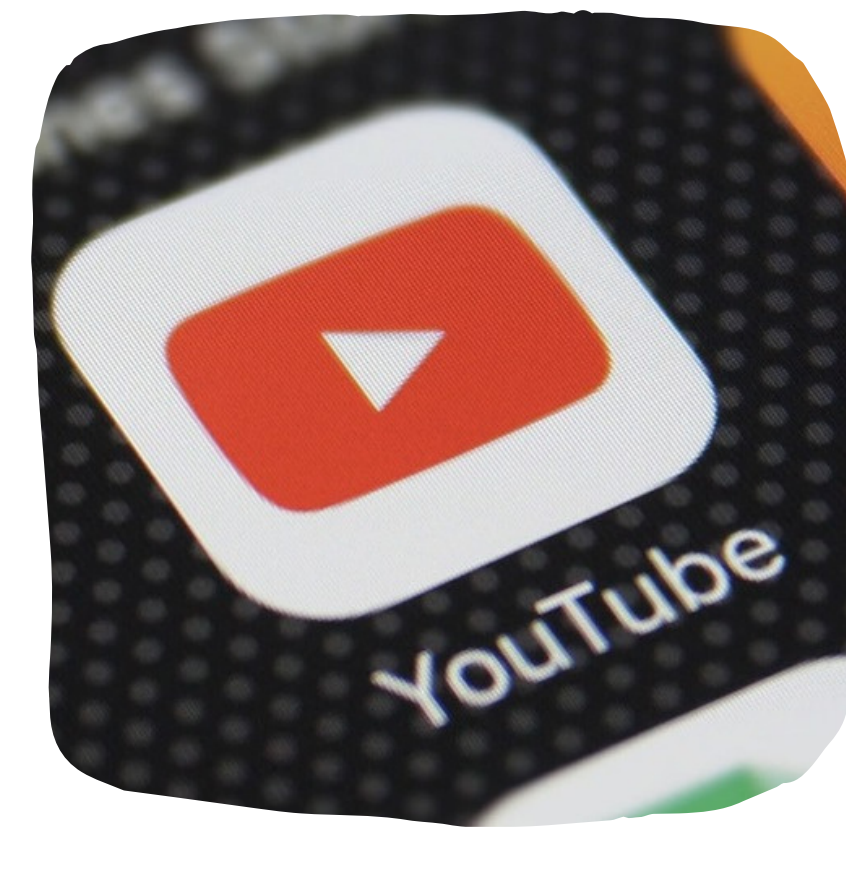
And you will also get a light-up bandaid on your finger to measure your oxygen.

# Falling Asleep for Your Surgery

- When it is time for your surgery, the mask connects directly to a clear straw and a green balloon.
- When you breathe into the mask connected to the balloon, it helps your body breathe all of the sleep air and/or oxygen it needs for a comfortable nap during surgery.
- Remember **your only job** is to breathe into the mask!
- If you already have an IV in your arm, you will receive the rest of the anesthesia medicine through your straw to help your body fall asleep!
  - The anesthesia medicine often feels warm or “spicy” when it travels through the straw as your body is falling asleep



While you are falling asleep, there are many things you can focus on to keep your mind busy!



Fidgets, play a game, virtual reality, or watch a show!

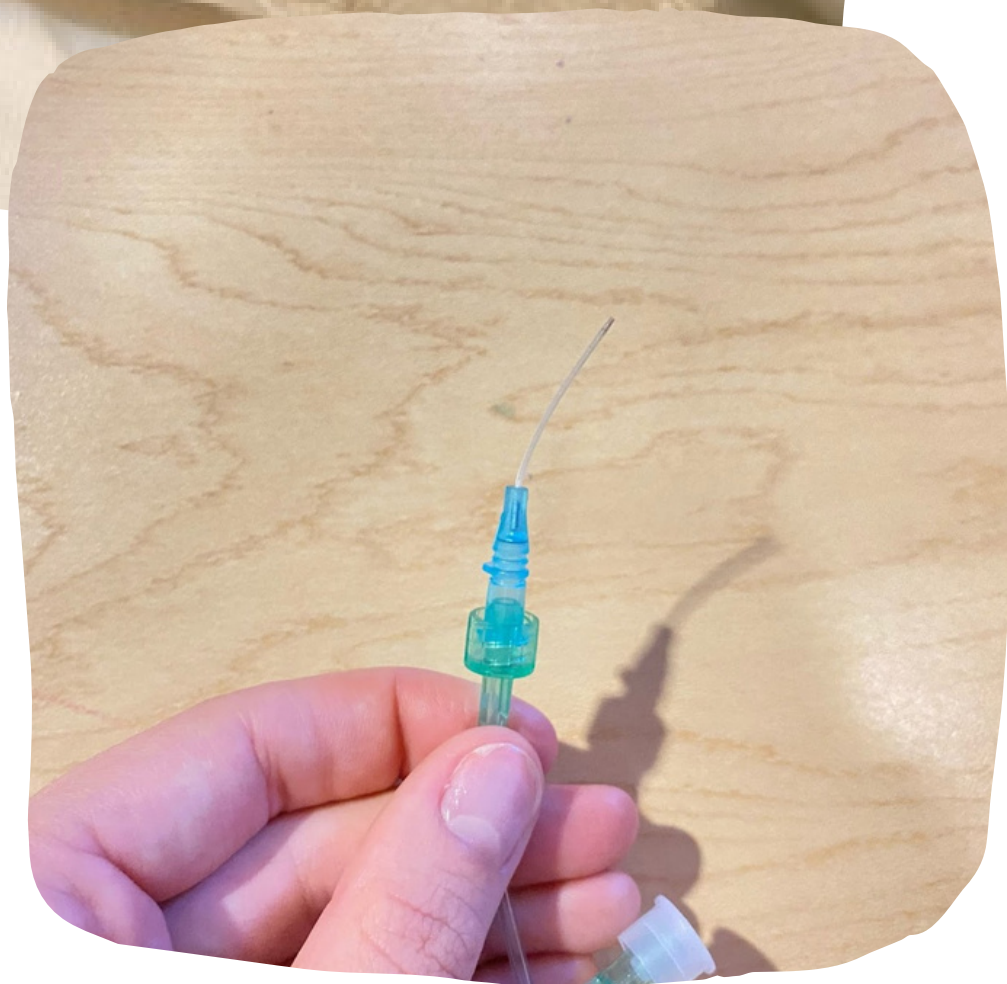


# Recovery Room and Preparing for Home

**When my surgery is finished, you will wake up in the recovery room. A nurse will be there to take care of you and you will be with your parent/caregiver, too.**

**Some kids say that their throats might feel a little sore/scratchy and you might feel confused. This is normal and usually goes away after 20- 30 minutes.**

**You will then get to eat a popsicle or some crackers before it is time to go home.**



# IV straw!

If you went to sleep with an anesthesia mask you often wake up with a tiny straw in your hand, arm or foot called an "IV".

This little straw aw in your arm or hand is called an "IV". This straw helps to give your body water and medicine.

This straw is soft and bendy, does not hurt and the nurse will help remove the straw before it is time for you to go home.







# Time to go home!

After the recovery room, you will go to another room with your parent/caregiver and continue eating and drinking while the nurses help monitor your body to make sure you are feeling comfortable. When the nurses and doctors say you are ready, it will be time for me to go home!

Great job today! You are so brave!