



Arkansas
Children's

HOSPITALS • RESEARCH • FOUNDATION

Surgery Handbook

INTRODUCTION

Dear patients and families,

Welcome to Arkansas Children's Hospital (ACH). We understand that surgery can be a stressful experience for you and your child. Our goal is to make your child's visit as safe, convenient and comfortable as possible. We take a family-centered approach to care, so you are informed of what to expect before, during and after surgery. Please use this booklet as a guide and bring it with you to the hospital.

If you have any questions, please call the clinic at _____.

Our team looks forward to meeting you!



WEEK BEFORE SURGERY
Steps 1-3

Step 1 Making your plans	
Your schedule	<p>Plan to take the day off from work.</p> <p>Your child needs your full attention on the day of surgery.</p> <p>You will stay with your child until it's time to go into surgery.</p> <p>You should stay on campus while your child is in surgery.</p>
Your child's visitors	<p>No other children under the age of 18 are allowed to come with you on the day of surgery. Please make childcare arrangements for other children.</p> <p>Two adult visitors are allowed to be with your child before and after surgery.</p>
How you arrive and leave	<p>Please make driving plans for arriving and leaving the hospital.</p> <p>We will call you with your arrival time about three days before surgery.</p> <p>Recovery time is different for each child. We cannot tell you the exact time you will leave.</p> <p>Please make sure your driver/ride home can be flexible.</p>

IMPORTANT: If you have a new phone number or need to cancel or reschedule your child’s surgery, please call the clinic as soon as possible.

Step 2 | Prepare your child

Talking to your child before surgery

Visit these pages on our website


Talking to your child about the surgery is one of the most important things you can do.

Learning as much as you can about the surgery will help you and your child feel more comfortable.


Tell your child what they will see and hear.

Use words your child understands.

Preparing for surgery:





What to expect:



HospitalsResearchFoundation


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Surgical Services

<https://www.archildrens.org>

Why Choose Arkansas Children's

Arkansas Children's Hospital is home to the only pediatric **Level One Trauma Center** in Arkansas. While we hope

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Step 3 | Pre-op visit or phone interview

- The anesthesia team will call you approximately three business days before your surgery to give you surgery time, arrival time, eating and drinking instructions, and other details.
- Please write down: (1) the time to stop eating and drinking, and (2) the time to arrive.

Information needed for the interview

Current medicines	<p>We need the names, doses and times.</p> <p>Please ask us when you should give your child the last dose of their current medications.</p>
Allergies	<p>Foods</p> <p>Medicines</p> <p>Other, such as latex, dyes, adhesives, etc.</p>
History	<p>Medical history, including past surgeries/procedures</p> <p>Any recent illnesses</p>
Paperwork	<p>Information other doctors gave you for this surgery</p>
Child's special needs	<p>Food thickeners, special diet, toileting concerns, hearing or visual impairments, developmental delay, autism, special equipment, etc.</p>

Call the pre-op nurses during the week before surgery at 501-364-1336 if:

- You have missed our calls. We may have left you a message to call us back if you are able to receive messages/voicemail.
- Your child becomes sick. Please call with any symptoms of illness.
- You have any questions or concerns.

Call the clinic at _____ if:

- You need to reschedule the surgery.
- You have a question for your child's surgeon.

DAY BEFORE SURGERY

Steps 4-5

Step 4 When to stop eating and drinking	
The anesthesia team will give you these times during the pre-op phone call; please write them in the boxes below.	
STOP solid foods, gum and candy: <hr/>	<i>Time</i> <hr/>
STOP formula* and milk: <hr/>	<hr/>
STOP breast milk*: <hr/>	<hr/>
STOP clear liquids <i>(water, apple juice, Pedialyte®)</i> <hr/>	<hr/>

**Formula/breast milk times are without any thickeners like rice cereal or oatmeal. Those are solid foods.*

IMPORTANT: If your child requires thickened liquids, please let us know so proper adjustments can be made to when your child should stop eating/drinking.

Please make sure that your child does not eat or drink after the stop times.

- Your child's stomach must be empty for surgery.
- Food or fluid in the stomach can cause serious problems.

Watch your child closely after the stop times.

- Make sure your child cannot reach anything to eat or drink.
- Check bedrooms, play areas and around the car seat for hidden items.
- Please do not let anyone eat or drink in front of your child, but it is important that you do eat and drink, so you are able to take care of your child.

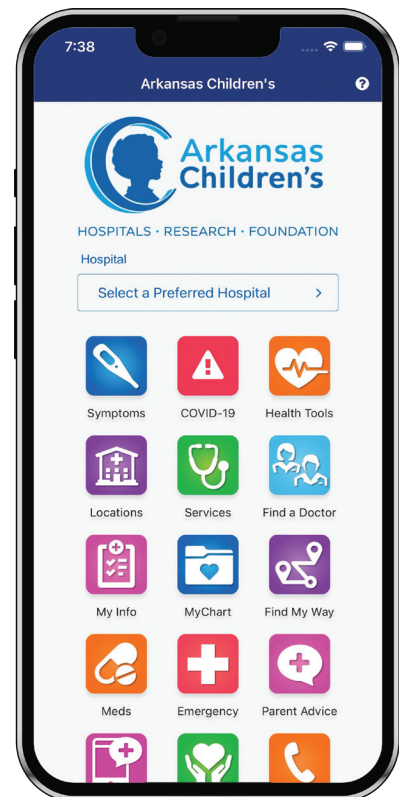
Step 5 When and where to arrive	
Place to arrive	<p>Main hospital, second floor</p> <p>Please enter through the main hospital entrance. Take the orange elevators to the second floor. The doors to the main entrance unlock at 5:00 a.m. and lock at 9:00 p.m., Monday through Friday.</p>

Finding your way to Arkansas Children's Hospital Surgery

For help finding your way, please ask an ACH employee, download the Arkansas Children's app on your mobile device or use the maps in the back of this booklet.

The Arkansas Children's app is available for download for iPhone and Android devices.

- Go to Apple Store®/Google Play™ Store.
- Search "Arkansas Children's."
- Download the Arkansas Children's app.
- Tap on "Find My Way" and select hospital location.
- Tap on "Directory" and search "Surgery Check-In."
- Follow the directions to your destination.



Step 6 Evening before surgery	
CHECKLIST	
Bath and hair	<input type="checkbox"/> Shower/bathe the child's body and hair with soap. <input type="checkbox"/> Do not apply makeup, lotions or baby powder. <input type="checkbox"/> Remove temporary tattoos, nail polish from fingers and toes. <input type="checkbox"/> Follow any special instructions, if applicable.
Metal and jewelry	<input type="checkbox"/> Remove all hair pins, ribbons, bands, clips, metal, jewelry, etc. <input type="checkbox"/> Remove all jewelry and leave it at home (earrings, piercings, necklaces, etc.). Your child should not wear any metal anywhere on their body.
Food/fluids	<input type="checkbox"/> Follow the diet instructions for stopping eating and drinking.
Medicines	<input type="checkbox"/> Give usual medicines unless told otherwise. <input type="checkbox"/> Have surgery prescriptions filled/ready if given ahead of time.
Pack bag	<input type="checkbox"/> One comfort item (toy, blanket, pacifier, music, etc.). <input type="checkbox"/> Empty bottle or sippy cup (hidden from child). <input type="checkbox"/> Extra clothing, diapers, wipes, underwear. <input type="checkbox"/> Home medical supplies, trach go bag. <input type="checkbox"/> For you: Light jacket, book/magazine, cell phone charger.
Car seat	<input type="checkbox"/> Make sure your car seat is the right one for your child's age, weight and/or height.

Step 7 | Morning of surgery

Food/fluids

Follow our directions for stop times.
DO NOT let your child eat or drink after stop time.
Watch your child to make sure they do not eat or drink anything.

Clothing

Dress your child in comfortable clothes (pajamas are perfect).

Medicines

Only give medicines that were approved by our staff.
Bring a complete list of medicines, including dosages and times, or bring medicine containers with original labels.

Items to bring from home

- 1 Your driver's license or photo ID
- 2 Your insurance information
- 3 Legal guardianship papers if you are not the child's parent
- 4 Map and directions and this booklet

Pre-op area

- No visitors under 18 are allowed
- Only two adults are allowed in this area
- No food or drinks are allowed in this area

Getting ready for surgery

Our questions

Different members of our team will ask the same questions several times. These questions make sure we all agree and help us keep your child safe. The questions may include, "Tell me your child's name and date of birth" or "What body part are we operating on?"

ID bracelets

Check the spelling of your child's name.
Check your child's birthdate.
Tell us if there is a mistake.
Tell us if the bracelet comes off.

Parents

Cell phones

Please silence your cell phone while your child is getting ready.

Cameras

For the privacy of others, please do not take photos or videos in patient care areas.

Safety while waiting

- Please do not let your child climb in or out of the stretcher or crib.
- Please keep the side rails up on stretchers or cribs.
- We may give your child medicine ("goofy juice") to help them relax.
- After we give the medicine, your child must stay in bed with the rails up.
- Hold infants and toddlers securely in your lap to prevent falling.

While your child is having surgery

- Staff will direct you to the family waiting area. Please check in at the desk when your child has been taken back to the operating room.
- No food or drink is allowed in the waiting area.
- Seating is limited. Only two adults per patient are allowed to wait in the waiting room.
- A parent or guardian must stay in the waiting room during surgery. Please notify the front desk if you leave and when you return, so that a parent or guardian is available to receive updates and visit with the surgeon at the end of the procedure.
- The operating room staff may call to update you during your child's procedure.

For your convenience:

- The nearest restrooms are located in the hallway just outside the waiting area, across from the orange elevators.
- The cafeteria is located on the second floor at the back of the hospital.
- The River Bend Cafe is located on the first floor by the blue elevators.
- The Gift Shop on the first floor also has snacks and cold drinks.
- Java City, located on the first floor, offers coffee, specialty coffee drinks, pastries and snacks.

Please remember:

- At least one legal guardian must be present in the waiting room at all times while your child is in surgery.
- Food or drink is not allowed in the waiting area.

Step 8 | After surgery

Your child's surgeon will speak to you after surgery in the waiting room, consult room or recovery room (PACU). Procedure times vary, and a parent or guardian should be available at all times during the procedure so the surgeon can discuss the findings and condition with you. If a parent or guardian is unavailable during or after the procedure, the surgeon will contact you as soon as possible.

Recovery (PACU)

- Your child will be moved from the operating room to the recovery room.
- Only two adults are allowed per patient.
- No food or drink is allowed in the recovery room.
- Your child is usually still asleep.
- A nurse is at your child's bedside at all times.
- Your child may receive oxygen and/or medications, such as pain and/or nausea relief medications.
- The nurse may offer your child something to drink.

Recovery (PACU), continued

Waking up	At this time, your child may seem sleepy, confused or fussy.
Flushed cheeks	Your child may have pink cheeks or have warm, puffy skin. This is normal and should go away in a few hours.
IV	The IV will remain in place until discharge, so we can give medicines if needed.
Pain management	Pain is generally expected after most procedures. We may not be able to make your child pain-free, but we will do everything possible to make sure your child is comfortable after their procedure.
Nausea	Nausea is a common side effect of anesthesia and/or medications used. We will do our best to control any nausea.
Drinking	We will begin offering small amounts of clear liquids. Please help us encourage your child to drink fluids or eat a popsicle.

Parents

- You will be called back to see your child as soon as the nurse determines it is safe.
- The wait time for awakening varies from child to child.
- Only two adults are allowed at the bedside, no other children allowed.
- Please give your child your full attention.
- For the privacy of others, please do not take photos or videos in the recovery room.

After Recovery

Discharge home

Most patients go home after their procedures.

The nurse will review all of your discharge instructions and provide you printed copies of the instructions.

If you have prescriptions, you may have the option of filling them at the ACH Outpatient Pharmacy.

Admission to the hospital

Some patients are admitted to the hospital after their procedures.

Once your child is awake and stable and the unit is ready to accept them, they will be taken by the recovery nurse to the unit where they will stay overnight.



Going home and “Teach Back”

Before you leave, we will give you surgery discharge teaching information. This may include several pieces of paper.

Please let your nurse know if you need an excuse note for school or work.

We will explain:

- What you need to know about taking care of your child after surgery.
- What you need to do in certain situations, such as fever, vomiting, pain, etc.
- How to contact someone for questions or concerns.
- Follow-up appointment(s).

“Teach Back” is a special way of teaching our patients and families to ensure that we teach the information in a way that makes sense.

- We may ask you to show or tell us how to care for your child at home after surgery.
- An example question: “What did I say to you about fever after surgery?”



Payment and billing

- After surgery, Arkansas Children's Hospital will bill your insurance company.
- For questions about your bill, please call the number on your statement.



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Thank you for trusting the Perioperative Services team at Arkansas Children's Hospital with your child's care!

We encourage you to be involved in your child's care.

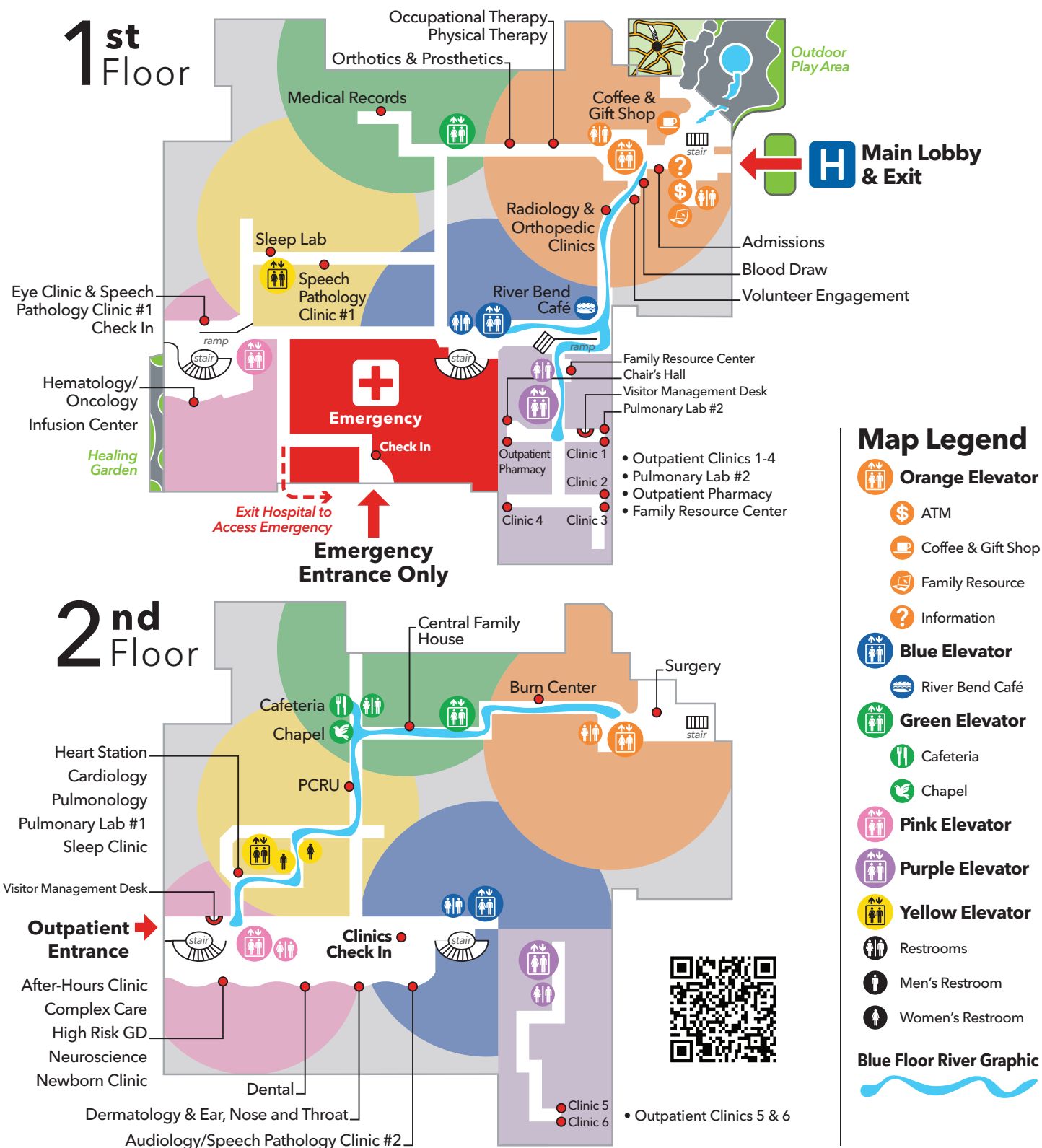
You know your child best, and we encourage you to share your experience and what works best for your child.

We want you and your child to be as comfortable as possible, so please let us know if there is anything we can do to make your experience more comfortable.



Notes

[illegible]





Map Legend

- Employee Parking**
- Patient & Visitor Parking**
 5 p.m.-7:30 a.m. Employee Parking
 & All Day/Night on Weekends
- Patient, Visitor & Employee Parking**
- Paid Employee Parking (AC&B)**

- Employee Handicap Parking**
(Must have state issued handicap tag)
- Vendor Parking**
- Shuttle Stop**
M-F 6 a.m.-8 p.m.
Runs every 30-35 min along route, beginning and ending at the Main Entrance

For issues, concerns or alternate pickups and drop offs by shuttle or security, call **501-364-4333**



All Arkansas Children's Campuses are weapons and nicotine free.



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archildrens.org
501-364-1336