



Arkansas
Children's

HOSPITALS • RESEARCH • FOUNDATION

Surgery Handbook

INTRODUCTION

Dear family,

Welcome to Arkansas Children's Hospital (ACH). We understand that surgery can be frightening 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 us at 501-364-1336.

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 the day of surgery.</p> <p>You will stay with your child until it's time to go into surgery.</p>
Your child's visitors	<p>Please do not bring other children to the hospital with you.</p> <p>One other adult visitor may stay in the pre-op room with you after your child gets ready.</p> <p>We limit visitors in the patient care areas to only two adults at a time. (This includes pre-op, recovery and post-op.)</p>
How you arrive and leave	<p>Please make driving plans for arriving and leaving the hospital.</p> <p>We will tell you what time to arrive.</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>
Things to have at home for after surgery	<p>Prescription medicines (if your doctor gave you a prescription to fill)</p> <p>Popsicles, apple juice, 7-Up® or Sprite®</p> <p>Soup, Jell-O®, pudding or ice cream</p>

Step 2 | Prepare your child

Talking to
your child
before surgery

Visit these
pages on
our website

Surgery can be scary. Talking to your child is one of the most important things you can do.

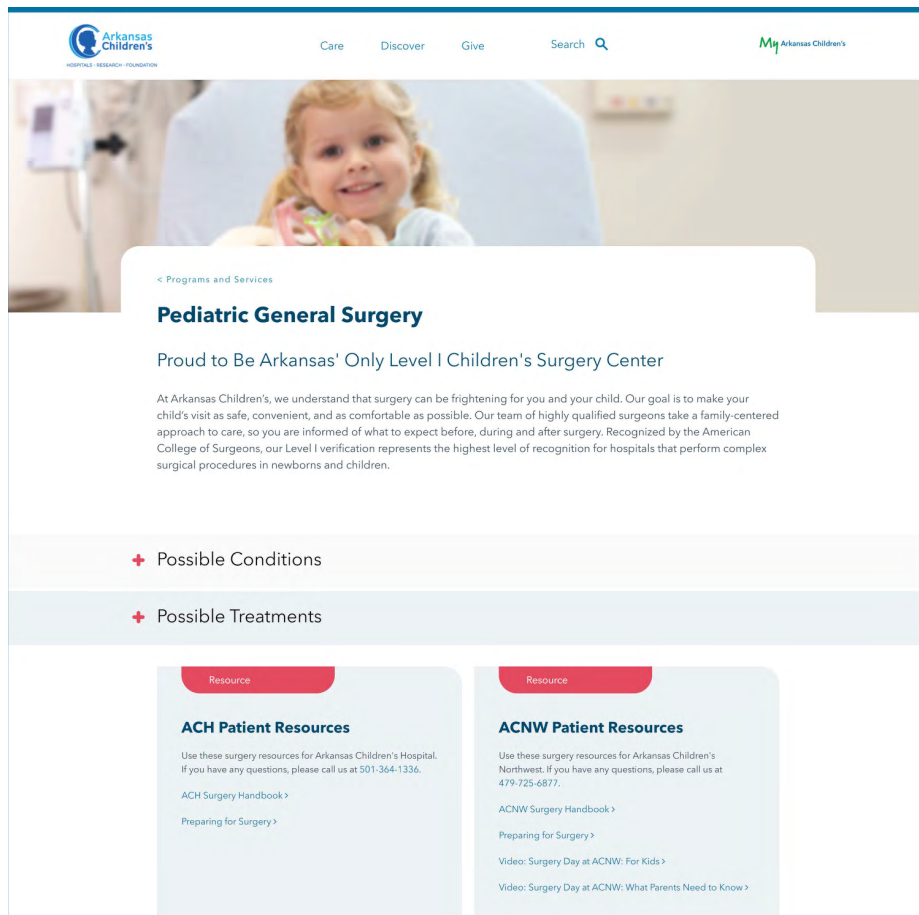
Learn as much as you can about the surgery. This will help you and your child feel more comfortable.

Tell your child what they will see and hear.

Use words your child understands.

www.archildrens.org/surgery

www.archildrens.org/ppi



Step 3 | Pre-op visit or phone interview

- Some patients will be scheduled to come to the hospital for a pre-op visit with the anesthesia team.
- If you do not have a scheduled pre-op visit, we will call you three days before your surgery to give you surgery time, arrival time, eating and drinking instructions, and other details.
- Please write down: (1) time to stop food and drink and (2) time to arrive.

Information needed for the interview

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

Call us 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.
- You need to reschedule the surgery.
- Your child becomes sick. Please call with any symptoms of illness.
- You have any questions or concerns.

DAY BEFORE SURGERY

Steps 4-5

Step 4 | When to stop eating and drinking

These times will be given to you on the pre-op phone call; please write them in the boxes below.

	<i>Time</i>	<i>Day</i>
STOP solid foods and milk: _____	_____	_____
STOP formula and bottles: _____	_____	_____
STOP breast milk: _____	_____	_____
STOP clear liquids <i>(water, Gatorade®, apple juice, Pedialyte®)</i>	_____	_____

IMPORTANT: If your child requires thickened liquids, please let us know so proper adjustments can be made to when the 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 any food or fluids.
- Check bedrooms, play areas and around car seat for hidden items.
- Please do not let anyone eat or drink in front of your child.

Step 5 When and where to arrive	
Place to arrive	<p>Main hospital, 2nd floor, Ambulatory Surgery Center</p> <p>Please enter through the main hospital entrance. The doors to the main entrance unlock at 5 a.m. and lock at 9 p.m., Monday-Friday.</p>

Finding your way to the Ambulatory Surgery Center

For help finding the Ambulatory Surgery Center, please ask an ACH employee, download the MyACH app on your mobile device or use the maps in the back of this booklet.

The MyACH app is available for download for iPhone and Android devices.

- Go to Apple Store®/Google Play™ Store.
- Search “Arkansas Children’s Hospital.”
- Download MyACH app.
- Find “Ambulatory Surgery” under maps and destinations.
- Follow the blue dot to your destination.



Step 6 Evening before surgery	
CHECKLIST	
Bath and hair	<ul style="list-style-type: none"> <input type="checkbox"/> Wash child with antibacterial soap. <input type="checkbox"/> Remove all hair pins, ribbons, bands, clips, etc. <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"/> Special instructions for bathing or cleaning (example CHG wipes): Call your surgeon's office for more information.
Jewelry	<ul style="list-style-type: none"> <input type="checkbox"/> Remove all jewelry and leave it at home (earrings, piercings, necklaces, etc.).
Food/fluids	<ul style="list-style-type: none"> <input type="checkbox"/> Follow the step 4 stop times.
Medicines	<ul style="list-style-type: none"> <input type="checkbox"/> Give usual medicines unless told otherwise. <input type="checkbox"/> Have surgery prescriptions filled/ready if given ahead of time.
Pack bag	<ul style="list-style-type: none"> <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	<ul style="list-style-type: none"> <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 he/she does not get anything to eat or drink.

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

- Only two adults allowed in this area
- No food or drinks allowed in this area

Getting ready for surgery

Our questions

Different members of our team will ask the same questions several times. This is to make sure we all agree and will help us all 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 the patient care areas.

Safety while waiting

- Please do not let your child climb in or out of the stretcher or crib.
- Please keep side rails up on stretchers or cribs.
- We may give medicine ("goofy juice") to help your child 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 is allowed in the waiting area.
- Seating is limited. Extra family members may be asked to wait in another area.
- A parent or guardian must stay in the waiting room during surgery. Please notify the front desk if you leave and when you return to ensure a parent or guardian is available for updates and visiting 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:

- Nearest restrooms are located in the hallway just outside the waiting area across from the elevators.
- The cafeteria and ATM are located on the 2nd floor at the back of the hospital.
- The River Bend Snack Shop is located on the first floor in the South Wing.
- The Gift Shop on the 1st floor also has snacks and cold drinks.
- Java City on the 1st floor has 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 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 speak to you about findings and condition. If a parent or guardian is not available during or after the procedure, the surgeon will try to contact you as soon as possible.

Recovery (PACU)

- Your child will be moved from the operating room to the recovery room.
- Only two adults allowed per patient.
- No food or drink allowed in 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 medicines, such as pain and/or nausea medicines.
- 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 all we can to make your child comfortable after his/her 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 to be with your child when he/she has awakened.
- The wait time for awakening varies with each child.
- Only two adults allowed at the bedside, no 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 go over 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 go home, we will give you surgery discharge teaching information. This may include several pieces of paper.

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

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 are teaching the information in a way that makes sense to you.

- 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.
- Your child's medical team will bill you separately. This may include radiologists, pathologists, anesthesiologists, surgeons, etc.
- For questions about your bill, please call the number on your statement.



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 past 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.

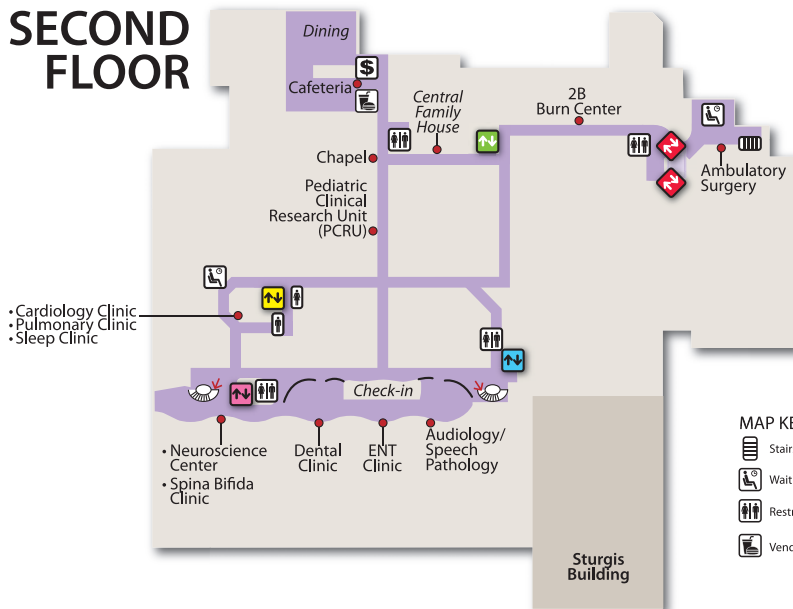


FIRST FLOOR

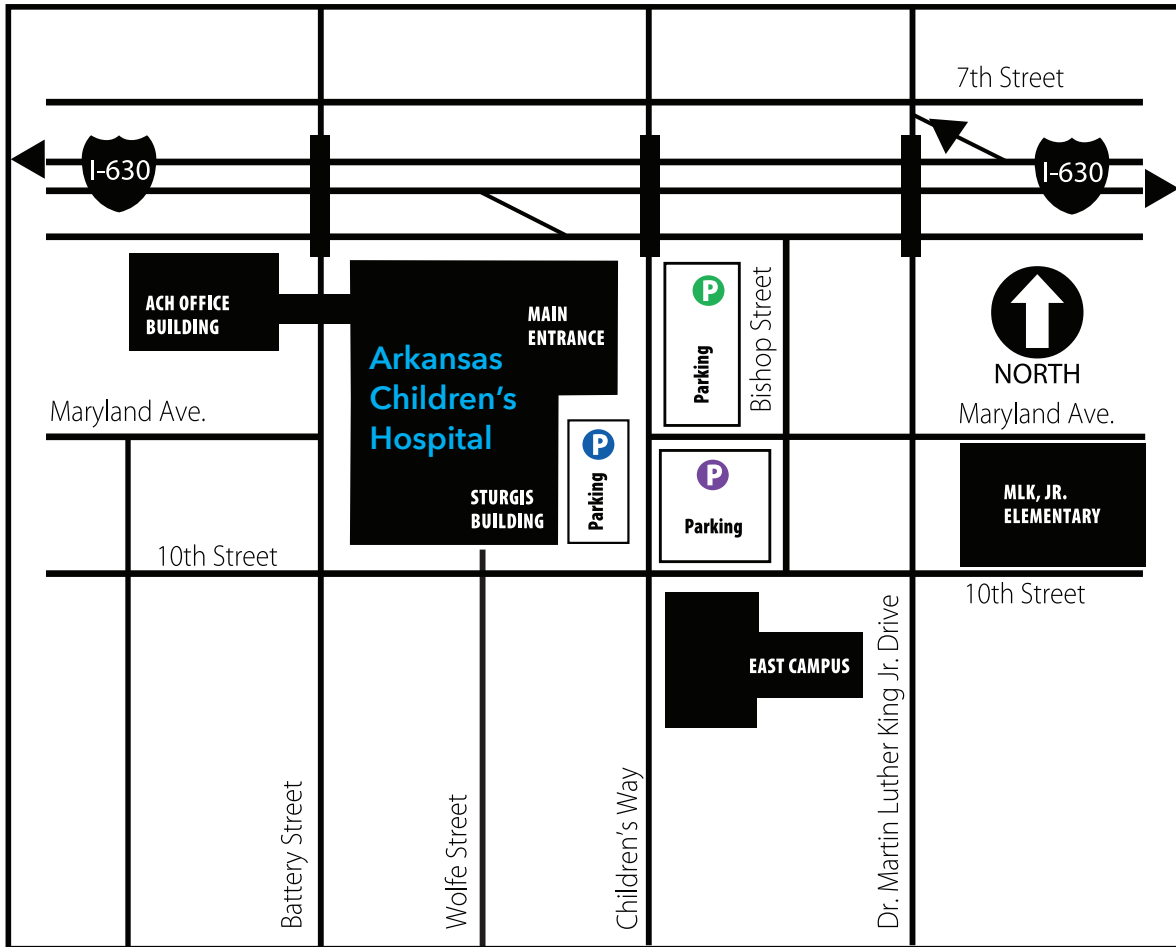


- | MAP KEY | ELEVATOR KEY |
|-----------------|--------------|
| Information | Red |
| Stairs | Green |
| Waiting | Yellow |
| Restrooms | Pink |
| Coffee | Blue |
| Family Resource | Purple |

SECOND FLOOR



- | MAP KEY | ELEVATOR KEY |
|-----------|--------------|
| Stairs | Red |
| Waiting | Green |
| Restrooms | Yellow |
| Vending | Pink |
| | Blue |



The GREEN lot is across the street from the front entrance. The BLUE lot is just in front of the Sturgis building and the PURPLE lot is across the street (Children's Way) from the BLUE lot.



HOSPITALS • RESEARCH • FOUNDATION

archildrens.org
(501) 364-1336