



Your Guide to Pediatric Surgery

The Pediatrics Staff at CGH Medical Center would like to thank you for choosing us for your child's procedure. We would like to make this process go as smoothly as possible and ask for your assistance in this. We have set up a pre-admission process to help speed things along on the morning of the procedure. This process is to help decrease you and your child's anxiety and time spent at the hospital.

Please call the Pediatrics Unit at **(815) 625-0400 ext. 5522** to take a pre-admission telephone interview that will take 20 to 30 minutes. We know your time is valuable, but our pediatric nurses may be actively caring for their patients when you call. Please do not take offense if they ask to call you back at a later time. This is only done so that we can give you and your family our full attention.

Thank you for your cooperation.

The CGH Pediatrics Staff



CGH Pediatrics Pre-Anesthesia / Before Surgery Instructions

You will need to carefully follow any instructions your child's surgeon's office gave you at the pre-operative appointment. These directions will include information about anesthesia, medications, and eating or drinking restrictions for your child.

**Do NOT let your child
eat or drink anything after MIDNIGHT.**

This includes solid food, formula, juice, milk or milk products, hot or cold cereal, pudding, chewing gum, mints and candy.

If your child's surgery is in the afternoon, please call the CGH Pediatrics Unit at **(815) 625-0400 ext. 5522** *two days* before the scheduled surgery date to discuss eating/drinking restrictions.

Medications:

If your child is on medication for their heart, lungs or GERD (gastric reflux), please contact the CGH Anesthesia Department *two days* prior to your child's surgery to determine when medications should be taken. To contact them, call (815) 625-0400 and ask the operator to page the anesthesiologist.

"Please note: If your child doesn't properly follow the preparation steps above, he/she may experience complications during the surgery, or the surgery may have to be postponed.

If your child develops any symptoms of illness (fever, cough, runny nose, vomiting, diarrhea) on the day of surgery, please call the CGH Pediatrics Unit at **(815) 625-0400 ext. 5522**.



On the Day of the Surgery

- The hospital provides gowns, but you may want to bring your child's robe and slippers, a favorite toy or blanket. No personal clothing is allowed in the operating room area. The hospital will supply standard bottles and nipples, formula (Similac and Enfamil products) and clear liquids. Please remember to bring any special nipples, bottles, sippy cups and pacifiers.
- You will need to accompany your child until right before going to surgery.
- At that time, you will be asked to wait in the Surgical Waiting Area until you have talked to the Doctor after the surgery is completed. If necessary, your child will be in the Recovery Room for about 30 minutes to one hour. Children are different in their reaction to anesthetics and medications. Some are drowsy for a few hours. Some may wake up and cry uncontrollably for a while. Others wake up right away and seem ready for normal activity.

Eating:

After surgery your child will start with clear liquids and progress the diet slowly as instructed by the physician. PLEASE don't promise your child ice cream or milk as it causes increased mucous production and may obstruct the airway. This may or may not be allowed.

Visitors:

Parents and legal guardians may be with their child at any time, expect during the surgery and in the Recovery Room. Because your child will need your support throughout the day, we ask for you to make arrangements for the care of any other children for the day of the surgery. We also ask that you please limit the number of visitors for your child out of respect for the other families who are there, as well as, the fact that your child will need to rest.

General Instructions

Same Day or outpatient surgery does not require overnight hospitalization. You register in the morning, have your surgery and, after a period of stabilization, return home all in the same day. Occasionally outpatients are not ready to return home and may remain at CGH overnight.

If you fall under the classification "A.M. ADMITS," you will arrive at CGH on the morning of your surgery and will spend at least one night with us before going home.

Before the day of surgery, the admitting department may contact you by telephone to obtain pre-registration information. This includes information about your insurance, your Medicare number and your Social Security number. It is unlikely that people who have recently been patients will be contacted since we already have their information on file.

*Please bring your insurance, Medicare and/or Medicaid cards.
It is necessary for us to copy these each time.*

Pre-Admission Instructions

- Bathe or shower and shampoo the night before surgery. You may brush your teeth the morning of surgery, but DO NOT swallow any water.
- Do not wear nail polish or makeup.
- You may not wear contact lenses or glasses into surgery. Please bring a case to store these items while in surgery.
- Parking lots are located just off LeFevre Road. The outpatient parking lot is located just east of the hospital's main entrance.

Discharge Information

The following are the criteria for discharge from CGH:

- *Able to eat or drink without nausea.*
- *Able to urinate in adequate amounts.*
- *Able to walk without dizziness as in accordance to age.*
- *Minimal or no wound drainage.*
- *Minimal or no pain.*

Pain Management

Our team of professionals is ready to help. Please let your doctor or nurse know if you are having any pain. Though we cannot take your pain completely away, your nurse and doctor will work with you to help make you as comfortable as possible. Your doctor will discuss/order pain medications for you during your stay, and for home if needed.



If you have any questions, please do not hesitate to call the CGH Pediatrics Unit at (815) 625-0400 ext. 5522