

Date of surgery: \_\_\_\_\_

### Thank you

We hope that your family has a great experience. Let us know about your stay. We will share your compliments with the staff who took care of your child. Also, let us know if there are things that we could do better. Your input will help us care for other children who come here for surgery.

Call 865-541-8402 if you have any questions.



# Surgery at Children's Hospital What to expect



2018 Clinch Avenue, Knoxville, TN 37916  
865-541-8000  
www.etch.com

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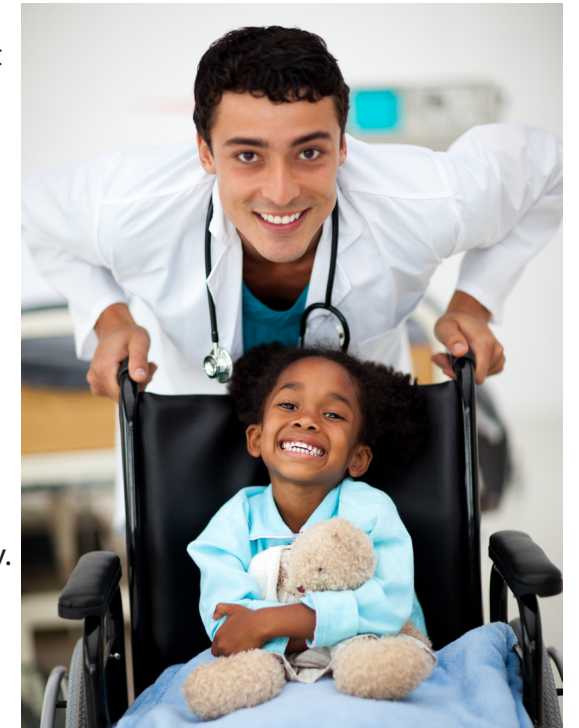
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My child's surgery is \_\_\_\_\_.

A nurse will call you the day before surgery. The nurse will give you specific instructions. If no one has called you by 5:30 p.m. the day before surgery, call 865-541-8402 or 865-541-8580.



- Your child may have an I.V. in his/her hand, arm or foot. It will be taken out right before you leave.
- Your nurse will give you a packet of information when your child is ready to go home. The packet will include:
  - How to take care of your child at home
  - Important phone numbers
  - Prescriptions from your doctor
  - Follow up appointment information
- If your child must stay the night after surgery, you will be moved to a new room as soon as one is ready.



## At home after surgery

If you have questions, call your surgeon. If the office has closed, leave a message. Your call will be returned.

### When to call the surgeon

- If your child is over 2 months of age, call the surgeon if their temperature is greater than 101.5° F. If your baby is two months or younger, call your surgeon if temperature is 100.4° F or higher.
- Pain medicine is not working.
- Your child is throwing up.
- Your child cannot drink.
- Your child is having trouble breathing.
- Your child's bandages are loose or wet.
- There is thick, yellow drainage on the bandage or from the surgery site.

## After surgery

### Pain control

Our goal after surgery is to keep your child as comfortable as possible. Even after pain medicine, your child may still feel discomfort. We will do all we can to help. We may:

- Have Child Life work with your child.
- Use video games, iPads, puzzles or games to take your child's mind off the discomfort.
- Change the way your child is sitting or lying.

As a parent, it can be scary to know your child is hurting. You can help by staying calm. If you are upset and scared, your child will also be upset and scared. If you feel your child's pain is not being controlled, tell your doctor or nurse so we can talk about other options for pain control. We want to help.

### Preventing surgical site infections

We will do everything we can to keep your child from getting an infection after surgery. There are things you can do to help:

- Wash hands often, especially after using the bathroom.
- Make sure the people who come into the room wash their hands or use hand sanitizer.
- Call the nurse if your child's sheets or gown are dirty.
- Call the nurse if you see any loose or wet bandages.
- Call the nurse if any tubes become loose.

## Getting ready to go home

- Your child will be sleepy. Do not let your child get out of bed alone until the nurse says it is safe.
- A patient is usually awake and ready to leave within four hours after returning to his/her room. This time may be longer or shorter depending on the surgery, how sleepy he/she is and how well he/she is drinking.
- The nurse will let you know when it is OK to let your child eat and drink. Giving food and drink too soon can cause your child to feel sick or throw up.



We know that surgery can be a scary time. We hope this book will answer your questions.

## The difference between outpatient and inpatient surgery

- **Outpatient surgery:** Your child comes to the hospital for a minor surgery and leaves the same day. It is possible your child may have to stay overnight for observation if there are any problems.
- **Observation status:** Your child is admitted overnight and leaves the hospital within 24 hours.
- **Inpatient surgery:** Your child stays in the hospital overnight or for a few days after surgery.



### Learn about child's surgery

Get a behind the scenes tour to prepare.

We understand a visit to the hospital can make any child nervous and having surgery can be scary. That's why Children's Hospital offers tours to ease your child's mind.

We welcome patient and families to attend a behind the scenes tour before a scheduled surgery. A volunteer will show your child and your family around the hospital. You will learn what to expect before and after your child's surgery.

Tours are conducted Thursday nights at 6 p.m. Reservations are required. We meet inside the entrance of the South Tower **on the corner of 21st Street and White Avenue**. The tour takes about an hour.

Call our **Volunteer Services Department** at 865-541-8904 to schedule your behind the scenes tour. Each patient will receive a special gift just for taking the tour.

### Not able to attend?

Watch the pre-admission surgery tour video at [www.etch.com/surgery](http://www.etch.com/surgery).

## Before Surgery

Once your surgery is scheduled, our pre-admission nurse will call you 1 - 2 days prior to surgery to get the following information:

- Your child's health history
- Medicine your child takes every day
- If your child or anyone in the house has been sick in the four to six weeks before the surgery
- If your phone number has changed since the surgery was scheduled
- If your child has special needs

## Sickness

We want your child to be safe. If your child has been sick, we need to know. Some illnesses can increase the risk of being put to sleep. The doctors may want to do more tests or reschedule your child's surgery.

- If your child has RSV, bronchiolitis or pneumonia **within six weeks of the surgery date**, call your surgeon's office. You will need to reschedule the surgery.
- If your child has a fever, vomiting, diarrhea or any other signs of being sick the day or night before surgery, call **865-541-8402 or 865-541-8580**.

## Important things to know before surgery

A nurse will call you the day before surgery. The nurse will give you specific instructions. **If no one has called you by 5:30 p.m. the day before surgery, call 865-541-8402 or 865-541-8580.**

## Operating room

Your child will be put on a surgery bed in the operating room. He/she will get anesthesia first. Your child will breathe anesthesia air through a mask to go to sleep. If he/she has an I.V. (a tiny straw we put into a vein), the medicine will be put in there. Your child will go to sleep quickly. He/she will rest until surgery is over.

The anesthesiologist or CRNA will sit beside your child during the surgery. This person will monitor your child's breathing, heart rate, oxygen level and blood pressure.

## Waiting room

You will be asked to wait in the waiting room while your child is in surgery. You will be given updates from the operating room during the surgery. The surgeon will talk to you after the surgery. Stay in the waiting room during the whole surgery. We do not want you to miss updates about your child or miss talking to the doctor.

## Recovery room

Your child is taken here to rest until he/she wakes up after surgery. Children stay here anywhere from 30 minutes to an hour, sometimes longer, depending on the surgery. The Recovery Room nurse will call you to let you know how your child is doing. We will work hard to keep your child comfortable. Your child will get pain medicine if he/she is hurting. If you feel your child is still in pain when you return to the room, tell your nurse.

## Day of surgery information

We care for many children every day. We will make every effort to provide as much privacy and comfort as possible.

- Food **is not allowed** in the Pre/Post area. The cafe is available on the second floor.
- Noise level: some children are hurting or need to rest. Please limit noise.
- Visitors: family and friends are welcome to visit you in the hospital. We believe this is an important part in the healing process.

Try to:

- Keep visits short.
- Allow only two visitors at a time.

### Delays

We do not like to keep you waiting. We make every effort to get you the most up-to-date information before you arrive. However, sometimes surgeries take longer than expected. This could cause your child's surgery to start later than planned. We will tell you about delays as soon as we know and keep you updated about any changes.

## Ready for surgery

### Pre/Post

We will take two family members and your child into the pre/post area. You will meet the surgeon, anesthesiologist and nurse here. They will answer your questions. You will stay here until your child goes to surgery. The surgery nurse will stay with your child until surgery is over.



## What your child can eat

We want your child to be as safe as possible during surgery. Eating and drinking causes the stomach to make juices that could get into your child's lungs during the surgery. This can be very dangerous. Eating or drinking close to surgery time is not allowed.

Your child may eat and drink until 11 p.m. the night before surgery.

- Surgery will be canceled if your child eats anything after 11 p.m. the night before surgery including:
  - Gum
  - Candy or mints
  - Milk
  - Jell-O
  - Chicken broth
  - Even one bite of solid food
- If your child breastfeeds, the nurse will give you specific instructions the day before surgery.
- If your child receives tube feedings, the nurse will give you specific instructions the day before surgery.

If your child's surgery is later in the day, he/she **may** be able to have clear liquids until a certain time. The nurse who calls you the day before will give you the exact time that you should stop giving clear liquids.

Clear liquids include **only**:

- Water
- Gatorade, Powerade or Pedialyte
- Apple juice
- Sprite



## Medicine

Bring a list of **all** medicine your child takes every day.

Include:

- The strength of each medicine
- How often each medicine is taken
- Over-the-counter medicine (such as Zyrtec, Tylenol or Motrin)
- Vitamins
- Herbal supplements

Helpful tip: it makes it easier if you put all of the medicine bottles in a bag and bring them with you the day of surgery.

### Give these medicines the morning of surgery

- Heart medicine
- Blood pressure medicine
- Seizure medicine
- Breathing treatments and inhalers

You may give the medicine with a teaspoon of apple juice or water.

**Do not** put your child's medicine in pudding or applesauce. This will either cancel or delay surgery.

## The night before surgery

There are several things you can do to help prevent an infection after surgery:

- Have your child take a bath or shower.
- Wash your child's hair.
- Do not shave around the area where the surgery will be.
- Remove nail polish.



The certified registered nurse anesthetist (CRNA) will visit your room before surgery. The CRNA will:

- Listen to your child's heart and lungs.
- Ask questions about your family's health history.
- Explain the plan for anesthesia.

These are all important things that have to be done before surgery for your child's safety.

## Anesthesia

Anesthesia is a type of medicine. It helps your child go to sleep. The medicine keeps your child asleep until the surgery is over.

### Anesthesia team

This team is made up of specially trained doctors (anesthesiologists) and nurses (nurse anesthetists or CRNAs). They will monitor your child's breathing, heart rate, oxygen level and blood pressure during the surgery.

Things the team needs to know about your child:

- Allergies
- Problems with asthma
- Past surgeries or hospital stays
- Recent sickness
- All medicines, vitamins and herbal supplements your child takes
- Any problems that your child or anyone else in the family has had with anesthesia

If your child has been sick, the anesthesia team may decide to move the surgery date until your child feels better.

### How does anesthesia work?

The anesthesiologist or CRNA may order the medicine to be given before surgery. We call this medicine Happy Juice. It may make your child act silly or sleepy. It can make your child dizzy and fall down. This is normal. Do not let your child get out of bed after taking this medicine. We want to keep your child safe.

## Staff on third floor of South Tower

The patient care assistant (PCA) will measure your child's:

- Height
- Weight
- Blood pressure
- Breathing rate
- Temperature
- Heart rate
- Oxygen level

The measurements take just a few minutes. None of these cause any pain. The nurse will help your family get ready for surgery.

The nurse will have your child:

- Put on a hospital gown.
- Remove jewelry or anything metal (including hair ties and body piercings).
- Remove contacts and eye makeup.
- Remove underwear.
- Go to the bathroom.
- Collect urine for pregnancy test on all female patients 12 years and older.

The nurse will have you:

- Answer questions about your child's health history.
- Sign the consent for surgery.

Tell the nurse if your child:

- Has antibiotic resistance.
- Has a tampon in place.



## What to bring with you to the hospital

- Favorite toy or blanket
- Any custody papers if you are the legal guardian of the child
- Insurance card
- A picture ID of yourself
- Comfortable clothes to wear home
- Ponytail holders without metal
- Personal items: tooth brush, comb, brush, etc.

Label all of your child's items.

Call us if you have any questions about what your child may bring.



## Safety

**Children's Hospital is a smoke-free, tobacco-free hospital. Smoking or the use of tobacco products is not allowed on hospital property. This includes the parking garage and sidewalks.**

We want your child to be safe while in our care. Here are some of the things that we do to keep your child safe:

- Wash hands or use hand sanitizer every time we enter and leave the room.
- Keep bed rails up.
- Keep the bed close to the floor.
- Double-check that we have the correct patient before:
  - Giving medicine.
  - Doing lab work.
  - Doing a procedure.
- Double-check medicine by:
  - Scanning your child's bracelet and the medicine.
  - Check your child's name and date of birth.

At each level of care we ask:

- Your child's name
- The name of your doctor and what the doctor is going to do
- Which side the doctor is operating on

Let us know if these things are not being done.



## Day of surgery

### What time to arrive

You will probably leave your doctor's office with a date and time that you need to be here for surgery. Due to changes in doctors' schedules, this time may change. We will call you the night before surgery to give you the most up-to-date time.

If you have not been called by 5:30 p.m. the day before surgery, call 865-541-8402 or 865-541-8580.

## Where to park

Parking for surgery patients is available in the Children's Hospital parking garage B. The entrance to this garage is on 21st Street between White and Cumberland Avenues. Do not park in the Emergency Department parking lot.

### East Tennessee Children's Hospital Campus Map



## Where to go

From the parking garage, take the F elevator to the third floor. Check in at the information desk located in the surgery visitor area. Please bring any necessary paperwork. You will give this to the registration clerk.