

# Preparing Your Child for Surgery



marshfield  
children's



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## **Preparing Your Child for Surgery**

Surgery can cause fear and anxiety in anyone, especially in children and their families. The Child Life and Surgery departments provide pre-admission services to help familiarize you and your child with the medical setting. Through these services, we hope to decrease your anxiety, provide information, and answer questions you may have about your child's surgery.

Some children may be scheduled for outpatient surgery which means they would be able to go home the same day they have their surgery. Other children may be required to stay in the hospital after their surgery. Your doctor will make these decisions at the time of your child's preoperative evaluation visit.

## **Preoperative Evaluation Visit**

When your doctor schedules your child for surgery, an appointment for a preoperative evaluation will be made one to several days before the procedure. Your doctor will contact you with the time of the appointment. This evaluation may include appointments with a pediatrician for a physical exam; the Anesthesia Department to discuss your child's anesthesia; the Radiology Department if X-rays are needed; the lab for any necessary blood work; and your child's surgeon. At this time, you also will sign the consent forms needed for surgery.

You will receive instructions about when to feed and bathe your child before the scheduled surgery. It is very important to follow these guidelines carefully!

If your child develops cold or flu symptoms between the preoperative visit and the scheduled surgery day, call Marshfield Children's at 800-335-5251, and ask for the pediatrician that met with your child during the preoperative evaluation. If you are calling after 5 p.m. or on the weekend, ask for the pediatrician on call.



## Pre-admission Surgery Program

The Pre-admission Surgery Program at Marshfield Children's Hospital and Marshfield Children's is designed for children of all ages, their parents, and their siblings. The Program is offered to families the day of their child's preoperative visit and takes 30 to 45 minutes to complete.

The Pre-admission Program includes a tour of the outpatient surgery area, Family Waiting Room, and Pediatric Unit if your child is spending the night. A preparation/medical play session is provided to children ages 3 and up, which includes photos that outline the surgery process, teaching dolls, and appropriate medical equipment.

At the conclusion of the tour, your child and their siblings will receive a certificate and a packet of hospital supplies they can play with at home to continue to prepare for the upcoming health care experience. It is our hope that with proper preparation, your child and family will feel more comfortable with the surgery experience.

Parents are encouraged to contact Child Life and Expressive Therapies before their child's surgery to schedule a tour.

For tour reservations of outpatient surgery in the East Wing of **Marshfield Medical Center medical offices**, contact the outpatient Child Life and Expressive Therapies Program at 715-389-3303  
or  
1-800-335-5251, ext. 9-3303.

For tour reservations at **Marshfield Children's Hospital**, contact the inpatient Child Life and Expressive Therapies Program at 715-387-7328,  
or  
1-800-782-8581, ext. 7-7328.

## Things to Know on the Day of Surgery

- It is very important not to give your child anything to eat or drink, as instructed.
- For inpatient and outpatient surgeries done at the hospital, check in at Admitting/Registration on first floor in the Marshfield Medical Center hospital by entering through the hospital main entrance.
- For outpatient surgeries done at the East Wing of Marshfield Medical Center medical offices, check in at desk P1. Enter the East Wing building located across Oak Avenue from the main building.
- A parent or legal guardian must be with your child on the day of surgery. If your child's surgery is being done in the East Wing of Marshfield Medical Center medical offices, you must remain in the waiting room, so please plan accordingly.
- Your child may bring their favorite blanket, toy, book, or comfort item when they come.
- You may want to bring comfortable clothes for your child to wear home upon discharge.



## **After Your Child's Surgery: Post Anesthesia Care Unit (PACU)**

Recovering from anesthesia is an important aspect of your child's care. After surgery, your child will be brought to the PACU. The child will be continuously monitored until awake enough to either be discharged or admitted to the Pediatric Unit. When your child enters the PACU, you will be notified in the Family Waiting Room.

Children can react differently to anesthesia. Some children may awaken crying or restless while others may be sleepy. All of these responses are normal. Our goal is to decrease your child's anxiety and pain while in the PACU. Your child will receive medicines for pain as needed. One of the perioperative pediatric nurses, the child life specialist, or one parent, if appropriate, can come in to be with your child. When your child is awake and comfortable, the child will be discharged or transported to the Pediatric Unit. You will be notified in the Family Waiting Room when your child is transferred.

### **Managing Your Child's Pain**

Your child's doctor may prescribe pain medicine. There may be a button that allows you or your child to give small amounts of intravenous pain medicine. When your child starts to feel better, medicine can be taken in pill form. We will ask your child how much it hurts so the nurse knows when to give more medicine.

### **Parental Expectations**

Parents are welcome to help with their child's care. Discuss your expectations with your child's health care team, so we can meet your needs. One parent will be allowed to stay overnight with your child. Ronald McDonald House is also available for additional family members.

### **Discharge Teaching**

When there is a new type of care or equipment that your child will need at home, we expect the parent or guardian to plan time to learn and practice the care. You can arrange a scheduled time with a nurse or case management RN, leading up to discharge.





## Notes

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Child Life and Expressive Therapies is  
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**Children's  
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[www.marshfieldchildrens.org/child-life](http://www.marshfieldchildrens.org/child-life)

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