

Outpatient

IOWA
HEALTH CARE

Stead Family
Children's Hospital

**Let's talk
about your
surgery!**



How do I get my child ready for surgery?

Surgery can feel stressful and overwhelming for children and caregivers. Children cope better with surgery and recovery when they know what to expect before, during, and after the day of surgery. You can help your child by getting them ready with this book.

- **Prepare yourself.** You will be better informed and able to support your child.
- **Be honest.** Use words your child understands to talk about why they need surgery.
- **Encourage discussion and questions.** It is okay if you do not know an answer. You can always tell your child, "That is a great question. We will have to ask the doctors and nurses about that."
- **It is normal to feel nervous.** Reassure your child that it is okay to feel nervous before surgery.
- **Pack a bag.** Have your child help pack for the hospital. Put in a comfort item or activity. This will give older children a sense of control.



Sometimes kids need surgery to help their bodies.
You will go to the hospital for your surgery.
This is what the hospital looks like.



You will check in on the 1st floor.



You will ride the elevators up to the 4th floor.



You will check in on the 4th floor.
You will wait here until your name is called.



When your name is called,
you will ride the elevator up to the 5th floor.



A nurse will measure how tall you are and how much you weigh.



Then you will go to a room that look like this.
You and your family will wait here before your surgery.



Nurses and doctors will see you while you are in your room.

They may be wearing special clothes, hats, and masks.



A nurse will ask you to use cleaning wipes on your arms and legs. You will then change into hospital pajamas and socks.



The nurse will take your blood pressure.
This feels like a tight hug on your arm.



The nurse will check your oxygen level with a light that goes on your finger. It tells the nurse how you are breathing.



The nurse will take your temperature and listen to your heart and lungs.

Before your surgery, you may have an intravenous (IV) line placed. This is a bendy straw that goes into your vein in your arm or hand. The needle helps the straw go into your vein and comes out after it is in place. It helps give your body medicine and drinks during your surgery.



Some patients wake up with another IV in to help give more medicine. The IV will stay in until you go home.

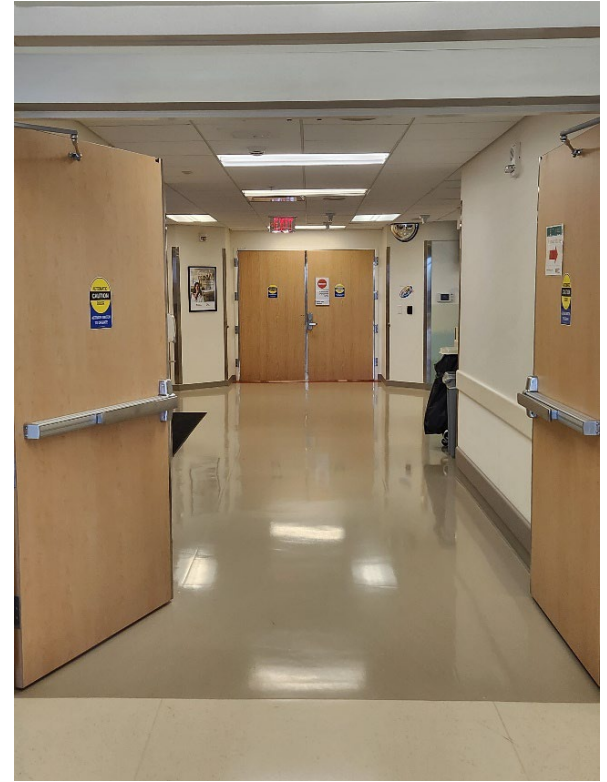
How is the IV put in?

1. The nurse or doctor will use a tight rubber band (tourniquet) to help see your veins better. Numbing medicine is used to help decrease pain. Ask your child life specialist or nurse about the different ways we can numb your skin before the poke.



2. When it is time for the poke, it is important to keep your hand or arm still and take deep breaths. During this part some kids like to play a game on their phone or watch a movie.
3. After your IV is in place, saline water is used to give your body a small drink. When this happens, you might smell or taste something salty. Tape is used to keep the IV in place.





When it is time for your surgery, you will say "See you later!" to your family.

You will ride in a bed with wheels down this hallway to the room where you will have your surgery.



This is what the room where you will have surgery looks like.

In this room, you will get "sleep medicine" that will make you sleep while the doctors are doing your surgery.



You will only be awake in this room for a little bit. The doctors will give you "sleep medicine" so you fall asleep. You will be safe and comfortable during surgery.

Surgery sleep is different than sleep at home. You will not be able to see, hear, or feel anything during surgery.



You will be in a room that looks like this when you wake up from your surgery. You will be in your bed and will have a nurse taking care of you.

Once you are awake, you will be able to see your family again soon.



The nurse will give you something to drink and a snack to eat when you wake up.

- Applesauce
- Graham crackers
- Popsicles
- Animal crackers



You will go to this room with your family while you eat and drink.

When you are feeling awake and ready to go,
you will put your own clothes and shoes back on.



The nurse will tell you when you are all done.
Then you can go down the elevators to your car
and go home!



You may feel tired for the rest of the day after your surgery.

Think of some fun activities you can do while you heal from surgery. What are they? Some kids like to watch movies, color, or play video games.

**Thanks for
reading!**

