

Preparing Your Child for Anesthesia and Surgery

*A Parent's Guide
from Your
Anesthesiologists
at*



**Franciscan Hospital
for Children**

30 Warren Street, Boston, MA 02135-3680
(617) 254-3800 • Fax (617) 779-1509

Located in the Brighton neighborhood of Boston.

PREPARING YOUR CHILD FOR ANESTHESIA AND SURGERY

A WORD TO PARENTS

When a child needs surgery, parents may feel frightened for their youngster and a bit overwhelmed with the numerous hospital procedures.

Our anesthesia staff has compiled this brochure specifically for parents. It is designed to address parental concerns and to help parents prepare their child for surgery. We encourage you to review this information. Contact your surgeon or our Anesthesia Department (617-254-3800, ext. 2970) with any questions.

TALKING TO YOUR CHILD ABOUT SURGERY

Parents can prepare their child for surgery in several ways. First, it is important to let your child know in advance that he or she will be having surgery and to explain, in simple terms, what will actually happen during the day.

If your child has never been to the hospital, many things adults regard as routine can be surprising and worrisome. For example, they will have to remove all of their own clothes and wear a hospital gown. Be honest about experiences that may be unpleasant (such as having blood drawn) and offer reassurance about experiences that may be strange, but not painful (such as having x-rays taken or being transported to the operating room).

If your child has been to the hospital before, he or she may have specific worries. Your child should be encouraged to talk about these concerns and be provided with accurate information.

Among the most reassuring things you can tell your child about surgery is that it will soon be over. It is also helpful to explain the reason for surgery. Parents can serve as good role models by remaining calm, positive and comforting before, during, and after their child's surgery.

PRE-SURGERY DIET

Your child's diet prior to surgery is very important. Anesthesia is safest when administered on an empty stomach. The dietary guidelines listed below *must* be followed to help ensure that surgery does not get postponed or canceled.

DIETARY GUIDELINES—VERY IMPORTANT! PLEASE REVIEW THESE THE NIGHT BEFORE SURGERY!

Newborn to 6 Months: Milk or formula up to four hours before surgery.* Clear liquids up to two hours before surgery.

6 Months to 3 Years: Milk, formula or solids up to six hours before surgery.* Clear liquids up to two hours before surgery.

3 Years and Older: Nothing to eat after midnight or up to eight hours before surgery.* Clear liquids up to two hours before surgery.

**Clear liquids=water, apple juice, ginger ale, clear Jello, Pedialyte and other liquids. Coffee, tea, milk, formula and juices with fruit pulp (grapefruit, orange and tomato) are not clear liquids.*

MEDICATION

Children requiring medication (especially seizure and asthma medicines) should take the drug at the usual time with clear liquids or plain Jello. The medication can be taken up to one hour before surgery with a small amount of clear liquid. You will be advised in advance about considerations pertaining to your child's specific medications. If there are questions or if you did not receive instructions, please call the Anesthesia Department.

ILLNESS

Please notify your surgeon if your child develops a cold, fever, asthma attack or any other illness within a week before surgery. Let us know if your child has been exposed to measles, mumps or chicken pox within 21 days of surgery.

REGISTRATION

Please arrive at the hospital at the time you are instructed. Approximately *one hour before the scheduled time of surgery* is need for registration, examinations or other assessments by your child's nurses and doctors, including the anesthesiologist. Enter the hospital at the Outpatient Services Surgery entrance and check in at the Ambulatory Registration desk.

Children under age 18 must be accompanied by a parent or legal guardian bearing proof of guardianship (paperwork from court). In the situation of unmarried parents, only the biological mother can give consent. Patients 18 years and older who are not competent to consent to receiving anesthesia or undergoing a surgical procedure must have their court appointed guardian give legal consent to the planned procedure, either by phone prior to the procedure, or in person the day of surgery.

IMPORTANT - Prior to the day of surgery, court issued guardianship papers must be provided to the anesthesia Department at Franciscan Hospital for Children.

POST-SURGERY CARE

When your child's medical condition has stabilized you will be given verbal and written instructions for home care before you leave the hospital. Your child will then be discharged when you are comfortable with this plan. On the following day you can expect a call from our nursing staff to ensure that your child is making progress. This will be an opportunity for you to share any concerns you may have with us.

FRANCISCAN HOSPITAL FOR CHILDREN— OUR ULTIMATE GOAL

The staff of Franciscan Hospital for Children and the parents of the children we serve share the same goal: the health and well-being of your child. We are dedicated to helping children be all they can be. Since 1949, our expert staff has provided medical, rehabilitative and educational services to children who have disabilities. We also provide routine medical/surgical services to community children and adults.

Affiliated with Boston University School of Medicine, and Boston University's Goldman School of Graduate Dentistry, we are licensed by the Massachusetts Department of Public Health and accredited by the JCAHO and CARF.

DIRECTIONS TO FRANCISCAN HOSPITAL FOR CHILDREN

Driving from North: Rt. 1 South or Rt. 93 South to Storrow Drive. Take Storrow Drive West. Don't get off at Kenmore Square Exit. Follow signs to Central Sq./Cambridge Mass Pike Exit. Bear left off Exit onto Cambridge St. Follow signs to Allston/Brighton. Travel 1.7 miles. Turn left at lights onto Warren St. Hospital is on left. Take a left into entrance marked Parking/Surgery.

From South: Rt. 24 North to Exit 21A Rt. 93 North to Boston. Take Exit 20 to Mass Pike West and follow signs to Allston/Brighton onto Cambridge St. Travel 1.7 miles. Turn left at lights onto Warren St. Hospital is on left. Take a left into entrance marked Parking/Surgery.

From West: Mass Pike East to Exit 18. Follow signs to Allston/Brighton onto Cambridge St. Travel 1.7 miles. Turn left at lights onto Warren St. Hospital is on left. Take a left into entrance marked Parking/Surgery.

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WELCOME TO FRANCISCAN HOSPITAL FOR CHILDREN

Your child, _____,

is scheduled for surgery on _____.

Please arrive at _____.

PLEASE REMEMBER:

- Dress your child in loose comfortable clothing.
- Review and follow Dietary Guidelines.
- Have your child take his/her medications as suggested by their doctor.
- Have appropriate door-to-door transportation available to and from the hospital. **After anesthesia, patients need to go home by car (either taxi or private car.) You may not go home by public transportation. Please make the necessary arrangements prior to the day of surgery.**