



# WELCOME!



Welcome to our Virtual Pediatric Pre-Surgical Tour.

This tour will help prepare children and their loved ones for pediatric surgery at Englewood Hospital and Medical Center.



Sometimes children, like you, need to come to the hospital for surgery (also called an operation). Surgery is when your doctor needs to fix something in your body or take something out of your body that is giving you trouble.

The surgery will help your body work better.





You may be feeling scared or worried about having your surgery. Everyone feels this way...even grown-ups!



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER

# BEFORE YOUR SURGERY



It's a good idea to bring some of your favorite things from home with you on the day of your surgery. You can pack a bag or backpack with your favorite toys, books, DVDs, comfy blankets, or stuffed animals. It's great to have some familiar and comforting items with you when you come to the hospital.



Your stomach needs to be empty when you have surgery.  
Eat a big dinner the night before your surgery because  
you cannot have any breakfast the next morning.



# SURGERY DAY





When you get to the hospital, go to the information desk in the lobby. The people at the desk will help you find the admitting desk on the 2<sup>nd</sup> floor in the Berrie Center.



At the admitting desk in the Berrie Center, you will get an ID bracelet that has your name on it. You need to wear this bracelet all day so that everyone knows who you are.



Next, you will go to the pediatric area and meet your nurse who will take care of you. You can play in the playroom. There are many toys, games, and books. Some children say that playing before surgery helps them to feel less nervous. Your family members can play with you, too!





You will need to put on comfortable hospital clothes.  
Nurses and doctors wear special hospital clothes, too.  
They are called scrubs.



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER



Your nurse needs to find out information about you and see how your body is working. First, your nurse will measure you to see how tall you are and check your weight on a scale.



Next, your nurse will check your blood pressure to see how your blood is working in your body. The nurse will put a piece of fabric with Velcro around your arm and it may feel like a tight squeeze or a tight hug.



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER

Your nurse will then check to see how you are breathing by putting a piece of medical equipment on your finger (called a pulse oximeter). It feels soft and “cushiony” when you put your finger inside.





Finally, your nurse will check the temperature of your body by using a thermometer under your tongue, under your arm, or by gently placing a strip on your forehead.



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER



None of these things will hurt! YAY!



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER

# YOUR SURGERY



You and your family members will meet more nurses and doctors who will take care of you in the operating room. That's the room where you'll have your surgery.



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER

When it is time for your operation, you will go to the operating room with ONE family member. Your family member will have to wear the hospital scrubs just like the doctors! You can walk to the operating room or ride there in a fun car. You can bring your favorite stuffed animal or toy, which can stay with you during your surgery. Remember, your family member will be with you until you are asleep.



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER



You will meet a doctor called an anesthesiologist who will give you special sleep medicine (called anesthesia) so you will sleep during your operation.\* This is a different type of sleep than when you sleep at night. When you get this sleep medicine, you won't feel any pain or hear any noises during your operation. The anesthesiologist watches you sleep during the whole surgery to make sure you don't wake up. The doctor stops giving you the sleep medicine when the operation is over and then you wake up.



\*Some children worry that they will wake up during the surgery, but assure them that this cannot happen.



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER

There are two ways to get sleep medicine. Most children under age 8 get the sleep medicine by breathing in a mask.\* Some children like to color the mask with a fruit-flavored Chapstick to make it smell good. (You can bring a Chapstick from home.) The mask will be put over your nose and it's your job to take deep breaths. Can you practice that now?



\*For older children, the sleep medicine is given through an I.V.



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER

In the operating room, you will see a lot of machines, the operating room bed, a lot of big lights, and many nurses and doctors. As you get your sleep medicine, your family member can talk to you or tell you a story or a joke as you fall asleep. You can choose what you want your family member to talk about!



During your surgery, your family members will be waiting for you nearby. They will see you again when you wake up in the recovery room (also called the PACU).

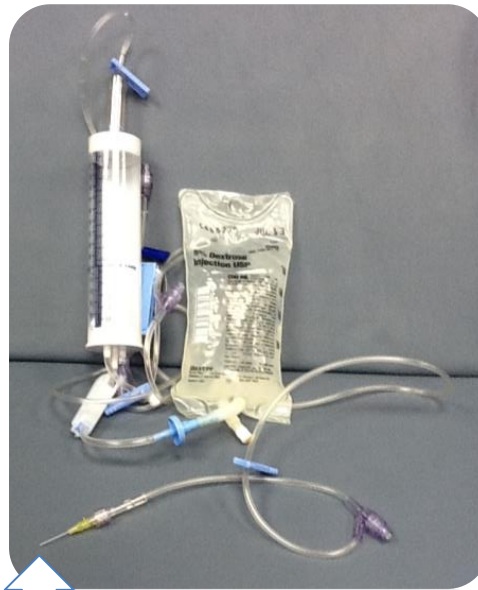




# AFTER YOUR SURGERY



When you wake up, you will have an I.V. in your hand or arm. An I.V. is a tiny straw that gives your body water or medicine. The straw is connected to the bag of water or medicine. The doctor puts the straw in while you are sleeping and wraps it with special tape so it does not fall out. Before you go home, the nurse will gently take out your I.V.



↑  
Straw



When you wake up, you may still feel a little sleepy and your stomach may feel a little funny. If something hurts you or you feel like you are going to throw-up, don't worry, tell your family member or nurse. Your nurse will give you medicine to help you feel better.



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER

Soon you will be able to drink some water or juice. You can also have ices, popsicles, and Jello...whatever you choose! Later, you will be able to eat your favorite foods again!





You will be at the hospital until your nurse tells you that you are ready to go home.

You'll be so happy that you're going home!



Everyone will take very good care of you on the day of your surgery.

If you have any further questions about what you just read or if you want to schedule an in-person pre-surgical tour, call the Child Life Office at Englewood Hospital and Medical Center: 201-894-3635.



This presentation was made possible through the work and cooperation of:

- Michelle Brauntuch, M.S., Certified Child Life Specialist
- Allison Turkell, M.S., Certified Child Life Specialist
- Robyn Kampf, M.D.
- Alexander + Andrew Vincenti
- Gregg Lobel, M.D.



[www.inglewoodhealth.org](http://www.inglewoodhealth.org)

