

Family Education Sheet

What to Expect When Your Child is Having Day Surgery



Boston Children's Hospital
Until every child is well™

Patient and Family Education
www.childrenshospital.org

What is Day Surgery?

If your child is scheduled for day surgery, this means that your child should not need to stay in the hospital overnight and can go home the same day.

Can my child eat before surgery?

Eating and drinking are not allowed for a certain amount of time before surgery. Your child's pre-op nurse will tell you what time your child should stop eating and drinking before the surgery.

Be sure to follow these directions carefully, even if this is challenging or upsetting for you or your child. If your child eats or drinks after the time they are supposed to stop, the surgery may need to be cancelled.

What do I do if my child feels sick before surgery?

If your child gets a cough, fever, chest cold, asthma attack, or other sick symptoms within 3 days of the surgery, please call your child's surgeon's office. Their office may reschedule the procedure or have you speak with a pre-op nurse.

If your child has been exposed to measles, mumps or chicken pox in the 21 days before surgery, please tell us as soon as you find out. Your child's surgery may need to be rescheduled.

What happens 1-7 days before my child's day surgery?

A pre-op nurse will call you to complete an assessment that includes discussing your child's medical history, family history, current state of health, medications and allergies. The nurse will also provide pre-op education on when your child needs to stop eating and drinking, what they should wear to the hospital and other surgery-specific information.

Sometimes your child will need to see a specialist or have labs/testing done in order to be cleared for surgery.

What happens the day before my child's surgery?

BOSTON: Someone will call you before 4 p.m. to confirm the time of surgery. If you do not get a call by 4 p.m. the day before the appointment, please call 617-355-7921 before 5 p.m.

WALTHAM: Someone will call you before 3 p.m. to confirm the time of surgery. If you do not get a call by 3 p.m. the day before the appointment, please call 781-216-1285 before 5 p.m.

Where is Day Surgery (Boston) located?

Go into the lobby of the hospital through the front door. Go all the way to the right to the Main Building (purple-colored signs), which is past the Au Bon Pain. Take only the Main elevators to the 3rd floor and check in at the desk off the elevators.

Note: Interventional Radiology procedures are located on the 2nd floor of the Main Building.

What happens the day of my child's surgery?

You will register your child for surgery and they will be given an ID bracelet that they must wear. A nurse will measure your child's height, weight and vital signs and your child will change into a hospital outfit. You will get a chance to speak to and ask questions of your child's doctors and nurses regarding the surgery and caring for your child. You can stay with your child at all times while they are awake.

The surgery will take place as close to the scheduled time as possible. Sometimes emergencies can delay scheduled surgeries. Staff will keep you informed.

Can my child wear jewelry, body piercings and/or contacts?

Your child must take off **all** jewelry (including any body piercings, even if they cannot be seen), nail polish, gel or acrylic nails and contact lenses before surgery. All metallic objects must be taken off. Please leave all valuables at home.

Do I need to sign anything?

Surgery cannot be done unless **consent forms** are signed. A parent or legal guardian must sign consent forms for surgery for children under age 18. Patients 18 or older can sign consent forms for their own care.

If your child is age 18 or older is unable to give consent for treatment and/or surgery, their legal guardian must sign. For example, patients with developmental delays are often not able to give consent. If your child is 18 or older and you are the legal guardian, be sure to bring the legal documentation.

Note: All young women age 12 and older will be tested for pregnancy before surgery.

What should I bring the day of surgery?

- Your child's insurance information, including authorization numbers

- A list or pictures of your child's medications (including vitamins, herbal supplements and natural remedies) and last dose of each
- A written list of any questions you and your child have
- Your child's favorite blanket, pillow, stuffed animal or small toy
- A phone, iPad, or other electronic device to help with distraction (remember the charger)
- A copy of court papers that show your legal guardianship, if needed
- The phone number of the legal guardian or social worker if you are not the legal guardian
- Please **do not** bring any other children (including brothers and sisters) or more people, like grandparents or friends. (You and 1 other adult may be with your child before and after surgery.)

When do we need to arrive and where do we park?

Please arrive at least 1.5 hours before the start of surgery in order to allow enough time for registration, blood tests (if necessary) and exams by the doctors and nurses who care for your child.

BOSTON: Leave extra time for parking. Boston Children's Parking Garage is across the street from the Main Entrance. Valet parking is available at the front entrance of the hospital. Valet services begin at 6:15 a.m. Your parking ticket may be validated for a discount at the information desk in the Main Lobby.

WALTHAM: Parking is free and nearby to the entrance. Valet service is not offered in Waltham.

A receptionist in the lobby will direct you to the Surgery Center on the third floor.

Where can I get food at the hospital?

- There are many places to get food on the ground floor of the hospital.
- There are other places that serve food at the Longwood Galleria, at 400 Brookline Avenue next to the hospital.
- You can eat in the waiting room during your child's surgery.



Am I allowed to use my phone? Is there WiFi?

- Please keep your phone on **silent** mode while in patient care areas.

- We can charge your phone in the liaison office while you wait, if you would like it charged.
- We have free WiFi. Our WiFi network is **chbguest**. You do not need a password.
- **Filming, taking photos and video phone calls (like FaceTime or Skype) are not allowed.** This is out of respect for the privacy of our patients and staff.



What is the Hale Family Center for Families?

- **The Hale Family Center for Families** is a place to find out about resources for your child and your family inside and outside the hospital.
- You may borrow a book or DVD and use a phone or computer. It is in the Main Lobby between Au Bon Pain and the interactive wall. Hours are Monday–Friday, 8 a.m.–7 p.m., Saturday and Sunday and major holidays 9 a.m.–5:30 p.m. You can call them at 617-355-6279.



Do we need IDs?

- An ID bracelet is important for your child's safety and must be worn at all times. If the bracelet falls off or is damaged, please ask a staff member to put a new one on your child.
- You need a parent/visitor ID badge. This is an important way we protect patients' safety and privacy. The ID badge will let you get on and off the inpatient elevators and in and out of your child's unit.



Can I get an interpreter?

- If you need an interpreter while at the hospital, please ask your child's nurse to page the interpreter on call.



How can I get information about the cost of the surgery?

- Your insurance company will be able to help you understand what treatments and services are covered under your insurance plan. You can call the number on the back of your insurance card.
- For questions about your bill after your visit, or to speak with a financial counselor, call Patient Financial Services (billing) at 617-355-3397.

What happens after surgery?

The surgeon will meet with you in the Family Waiting Room. The nurse will take you to your child's bedside when your child is settled in the Post Anesthesia Care Unit (recovery room).

Your child's nurse will teach you what you need to know to care for your child at home and answer any questions you may have.

You may take your child home when the doctor lets you know that your child is ready to leave and you have learned how to give your child the care they need at home.

Most children stay in the recovery room for 30 minutes–2 hours after surgery. Your child may need to stay longer, depending on the surgery and their condition.

Please be sure to make all travel arrangements well ahead of time. Public transportation (bus, subway, etc.) is not to be used after a surgery where your child has been given anesthesia or sedation.

Note: Patients over 18 who get anesthesia or sedation must be accompanied by a responsible adult. This adult must bring them home and stay with them overnight after the surgery, or arrange to have a responsible adult stay with them overnight.

What if I have questions after we get home?

You will be given the phone numbers of the surgeon and anesthesiologist on call. You can call these numbers if you have any questions.