Helpful Things to Remember:

- Please limit the amount of personal items brought on the day of surgery. Leave jewelry and other valuables at home.
- Make arrangements for siblings to stay with family or friends. Try to maintain their normal routines as much as possible. This allows you to focus on the child having surgery.
- Bathe/shower your child the night before the surgery.
- Remember as adults, the calmer you are, the easier it will be for your child to stay calm.
- On the day of surgery, dress your child in comfortable clothes that are easy to remove and put on again.
- Bring a favorite toy or blanket for your child to take to surgery. This makes for a nice comfort item as they go off to sleep.
- Put a pillow or blanket in the car for the ride home.
- If your child uses a special bottle or cup, bring it with you.
- Bring any important insurance information with you.
- Please remember it is important to take care of yourself as well. Make sure you eat or drink something during your child’s surgery. Since most pediatric surgeries are not very long, it is helpful to bring a small snack to eat in the waiting room.
- There are several books for children about hospitalization. Libraries are great resources for these books.
- Please remove all piercings of your child’s before coming to the hospital.
- If your child wears contact lenses, bring a case and solution. The lenses must be removed before surgery.
- Hospital policy requires girls who are 12 years or older to undergo a urine pregnancy test prior to surgery.

We at OSF Saint Anthony Medical Center understand the anxiety surgery places on families, particularly when it involves their children. Children are unique and have special needs. At OSF Saint Anthony, we strive to address all of these needs - physical, emotional and spiritual. But the truth is that you know your child better than anyone, and being well-prepared for your child’s surgery can make all the difference in his or her experience.

Welcome to Surgery at:

OSF Saint Anthony Medical Center
5666 East State Street Rockford, IL

www.osfsaintanthony.org

Park in visitor parking in the front of the hospital and check in at the front desk in the main entrance of the hospital.
In the Days Before Surgery:

There are steps you can take to help make the surgical experience less stressful and best prepare both you and your child for surgery.

Pre-Surgery Review
Prior to surgery, a nurse will contact you to ask questions about your child. Examples of these questions are:

- Allergies
- Current medications
- Height and weight
- Previous surgeries
- Special health needs/concerns
- Family/social history

Someone will be calling you prior to surgery with a definite time for the surgery and a time to be at the hospital. You will be called after 5pm the night before surgery.

Pre-operative tour:
We strongly recommend you attend our pre-operative tour. Research shows preparation for medical procedures gives children a better understanding of what to expect and reduces fears and anxieties. Tours are open to both the child (ages 3 – 12 years old) and family. To register for a tour, call 815-227-2055. Reservations are required.

Our staff, who is trained in meeting your child’s needs, give the tour. You will visit areas you will see the day of surgery. By offering these tours we can:

- Answer questions ahead of time
- Decrease anxiety for both the child and family
- Provide information
- Provide hands-on learning and exploration

What to Say...What NOT to Say:

Things to talk about with your child:

- Discuss the surgery in a simple, matter-of-fact way. Answer questions honestly and try to clarify any misunderstandings.
- Explain where on your child’s body the operation will be done.
- Explain to your child that during surgery, he will have a “special” kind of sleep (anesthesia), but when the surgery is done, he will wake up. Your child will wake up after the surgery is all done in the “wake up room.” Let your child know that he will see you shortly after waking up.
- Present information in small doses, repeating frequently.
- Be honest about pain.
- Above all, encourage your child to share how he is feeling. Always validate his concerns.

Things NOT to tell your child:

- Do not tell your child the hospital will be fun.
- Do not bribe your child. Simply give love and support.
- Do not lie about where you are going.
- Do not discuss surgery with another adult in the presence of your child as if they are not there.

The Day Before Surgery:

- If your child develops cold or flu symptoms and/or has been exposed to chicken pox or measles, please call the surgeon’s office before the day of surgery, as your child’s procedure may have to be rescheduled.
- Please remember there can be emergencies at the hospital, so your child’s surgery time may change so we can help more critically ill patients first. There is also the chance your surgical time may be moved up. Please try to be as flexible and patient as possible on that day.
- It is dangerous for your child to undergo surgery with food or liquids in his stomach. This means no candy or gum. Provide your child with something to drink before he goes to bed the night before surgery. Your surgeon’s office will give you instructions for when your child needs to stop eating and drinking. The nurse will review these with you on the phone as well.
- Since your child will not be able to eat or drink in the surgery area, we ask that you or any family members please do not eat or drink in front of your child on the day of the procedure.
- For older children who smoke, we advise no smoking on the day of the surgery. For their health, it is also important to be honest with the doctors and anesthesiologists if they are a smoker.

The Day of Surgery:

A parent or legal guardian must accompany the child on the day of surgery. Consent for surgery must be obtained by a legal guardian. Please bring all insurance forms and identification cards with you.

Check in:
On the day of surgery, please check in at the main lobby desk. Plan to arrive at least 1 ½ to 2 hours before surgery time or as instructed by the hospital. Your child will receive an identification wristband. The nurses and doctor will check the ID wristband throughout the day to make sure you are given safe care.

Surgery:
You will be directed to the surgery waiting room on the secondfloor. You will check in with the surgery hostess and wait with your child until a nurse takes you and your child into the surgery holding area. Due to our limited space, we ask for patients to have only two family members at a time. Two people can stay with your child until he or she goes to surgery. You will have a chance to meet with your child’s health care team to ask any questions you may have about the surgery. In the surgery holding area, your child will dress in hospital clothes and have his height, weight, temperature, blood pressure and pulse taken. In addition, you will be asked to review your child’s medical history.

Just for Teens:

We strongly recommend that parents step out of the room so teens can dress in private. Parents may be asked to step out of the room at other times. We acknowledge that all children need the support of their parents at the hospital, but there are times when teens need Independence and privacy.

Teens—For your safety, be honest and share with your nurse the following: chance for pregnancy, piercings, smoking, illegal drug use. It is very important so that we can avoid complications during your surgery.

Many teens find it helpful to bring music devices with earphones to listen to before and after surgery.

You may ask any questions of your health care team. We welcome your questions and will address all of your concerns.

NOTES AND QUESTIONS: