



Guide to Surgery

Getting ready for surgery can be a stressful time for you and your child. The surgeons, nurse specialists and staff at Riley at IU Health understand this and work with you to answer any questions you may have. We want to make sure that you and your child feel comfortable and secure during your stay with us.

Our surgery team wants to ease any anxiety you and your child may be experiencing about the surgery itself or the need for anesthesia. Please let us know if we can help you in any way.

Your child's surgery will be performed at either Riley Hospital for Children at IU Health (Pre Post Care Unit) or Riley Hospital for Children at IU Health North Hospital. A nurse will call you before your child's surgery to tell you at which location the procedure will be performed.

If you need to cancel your child's procedure, please call your child's doctor's office. For questions about the surgery, please contact the location where the procedure will take place.

Contact Riley Hospital for Children at IU Health (Pre Post Care Unit)

Phone: **317.944.8634**

Fax: **317.948.2856**

Contact Riley Hospital for Children at IU Health North Hospital

Phone: **317.688.2181**

Fax: **317.688.2882**

Preparing for Surgery

Many preparations are needed before a surgical procedure is performed. We want you and your child to understand the surgical process. Your child's doctor may request medical tests to ensure your child's health and safety. The use of certain medicines may need to be adjusted. We also provide parents with information about practical concerns, such as lodging, and the proper transportation for a child after surgery.

Surgery Preparation Session

We offer a surgery preparation session to discuss questions and concerns with you and your child in person before the surgery. To schedule a surgery preparation session at Riley Hospital for Children at IU Health, please complete the Riley Surgery Prep form. To schedule a surgery preparation session at Riley Hospital for Children at IU Health North, please call Child Life at **317.688.2419**.

Talking to Your Child About Surgery

What you do and say to get your child ready for surgery can affect how he or she handles surgery.

- **For babies:**
 - Bring familiar things from home (blankets, toys, stuffed animals, pacifiers, sippy cups, etc). We have some toys, but having familiar things can make a big difference.
 - Be patient and calm. Your baby can sense if you are anxious. It may upset him or her.

- **For toddlers:**
 - Talk to your child one to two days before surgery.

- Use simple words.
 - Bring familiar things from home.
 - Tell your toddler that going to the hospital is not a punishment.
 - Use a medical play kit to show him or her things the doctor may use. Ask a Child Life specialist about the kits.
- **For preschoolers:**
 - Talk to your preschooler three to five days before surgery.
 - Use simple words.
 - Ask your child for his or her thoughts and feelings about surgery.
 - Bring familiar things from home.
 - Use a medical play kit to show him or her things the doctor may use. Ask a Child Life specialist about the kits.
- **For school-age children:**
 - Talk to your child one to two weeks before surgery.
 - Be honest and realistic.
 - Ask your child about his or her fears and concerns.
 - Encourage your child to talk about how he or she feels.
- **For teens:**
 - Use correct words. Give honest information about the surgery.
 - Encourage your teen to ask questions.
 - Include your teen in plans and decisions.

Blood Work, Blood Donation and X-rays

Blood work, blood donation and X-rays help ensure the best outcomes for your child during surgery.

- **Blood work/X-rays.** If the surgeon has asked your child to have blood work or X-rays done before surgery, the tests can be performed at Riley at IU Health or your local laboratory. If tests are done locally, please be sure Riley at IU Health has the results before the surgery. Results can be faxed to the numbers listed below:
 - Riley Hospital for Children at IU Health Pre Post Care Unit:
 - Fax: **317.948.2856**
 - Riley Hospital for Children at IU Health North
 - Fax: **317.688.2882**

It is always helpful to ask for an additional copy of the results to bring with you on the day of your child's surgery.

- **Blood donation.** In some cases, the doctor may decide that it is necessary to have blood available for your child's surgery. The surgeon's office will coordinate a blood donation with the blood center that you choose.
 - **Autologous blood.** Your child may be able to donate his or her own blood depending on age and health history. Your child's doctor will let you know if your child can do this. Blood can be stored for up to 45 days and 90 days if it is frozen. It must be donated at least one week before a scheduled surgery.
 - **Directed donor blood.** If your child cannot donate, then you may decide to have selected people donate blood for your child. Your child's doctor will let you know if this

can be done. This blood must be donated at least a week before the surgery date. These special blood donations can be difficult. You must call the blood center three days after a scheduled donation to check if the blood was accepted. It may be necessary to ask for more donors during this process. Tell the surgeon and the nurse who calls the day before surgery if you have blood available.

Donations can be scheduled with the Indiana Blood Center. Call **317.916.5290** or **800.632.4722** to schedule donations or ask questions.

What You Need to Know Before Surgery

Nail polish, contact lenses, tampons and all jewelry, including body piercings, must be removed before surgery. If your child takes certain medicines, some of them may need to be halted or the dosage adjusted prior to surgery. Be sure to talk to the doctor about all medicines your child takes.

- **Insulin.** If your child takes insulin, consult his or her diabetes doctor before the surgery to determine what adjustments need to be made to his or her medications.
- **Supplements.** If your child is taking any supplements, such as herbs, discontinue their use for **two weeks** before any surgery.

Maps, Parking and Accommodations

We want to make it as easy as possible for you to navigate our campuses and get where you need to be before and after surgery.

Riley Hospital for Children at IU Health

- **Parking.** On the day of surgery, please park in the Simon Family Tower. Stop at the information desk, and they will direct you to registration. Registration will provide a parking pass to parents. Visitors can park in the Riley Outpatient Center for a fee.
- **Food options.** Parents will need to provide their own meals. There is a cafeteria, a deli, the Red Wagon Café and other dining options. Ask the receptionist in the family surgery lounge for a list of hospital dining and delivery options.
- **Overnight lodging.** You will be provided with a hospital and campus map. We have also compiled a list of resources for overnight lodging that provides addresses and phone numbers for local hotels. Many of these have special rates for patients of Riley at IU Health. If you are having problems finding a place to stay, please call Social Work at **317.944.8312**.
- **Ronald McDonald House.** Riley at IU Health also hosts a Ronald McDonald House on campus. For more information, please call **317.269.2247**.

Riley Hospital for Children at IU Health North

- **Parking.** Surface parking is available.
- **Food options.** There is a cafeteria as well as the Coffee Bar and Atrio.
- **Campus map.** You should have received an email with a map and direction information.

Please note:

- **Car seats.** If your child is under the age of 8 or weighs less than 80 pounds, you will need an appropriate car seat to take him or her home. If your child is expected to have casts after surgery, you may need a special seat. The surgeon's office can make arrangements for this before the day of surgery.
- **Driving.** Children who are old enough to drive and have been given a general anesthetic or sedation cannot drive a motor vehicle for a minimum of 24 hours after anesthetic. A licensed driver must accompany them to the hospital and drive them home.

Undergoing Anesthesia

Most surgeries require local or general anesthesia. This means your child will likely be asleep when the doctor performs a needed procedure. Parents and older children are often concerned about how anesthesia is used and what happens in the surgical suite. We answer common questions about anesthesia below:

- **Who will anesthetize my child?** At Riley at IU Health, all patients undergoing anesthesia are cared for by a doctor who specializes in pediatric anesthesia. Our association with the Indiana University School of Medicine means that our pediatric anesthesiologists are committed to the highest levels of medical care, research and education. Our anesthesia team often includes resident doctors training under the full supervision of staff pediatric anesthesiologists, which gives your child the benefit of care by several individuals dedicated to his or her needs. If you have any questions about the pediatric anesthesiology team, please ask the nurse who will contact you the day before surgery.
- **What may my child eat or drink on the day of surgery?** Anesthesia is safer today than ever before. One reason for this is our better understanding of the risks associated with eating and drinking before anesthesia. You will be given very specific instructions about what your child may eat and drink before surgery as well as the times when the eating and drinking must stop. These instructions are designed to reduce the risk of serious respiratory problems. The instructions must be followed carefully. If for some reason they are not followed, please tell us right away so that adjustments can be made to help protect your child from harm.
- **What type of anesthetic will my child receive?** The goals of general anesthesia include pain relief, unawareness ("anesthetic sleep"), acceptable vital signs during surgery (including blood pressure, heart rate and oxygen) and a comfortable wake-up period. A combination of medicines and techniques may be used to meet these goals. A doctor will discuss the anesthetic plan for your child with you. The anesthetic plan is developed from factors including your child's health history, current condition and surgical needs. Your child's anesthesiologist may prescribe a preoperative medication for your child to reduce his or her level of anxiety. This will help to decrease the memory of beginning the anesthetic. Depending on the surgical procedure, the anesthesiologist may also discuss approaches to managing regional and acute pain following surgery.
- **When may I see my child after anesthesia?** We realize this is a stressful time for you and your family. Our goal is to reunite you with your child as soon as possible. Our main priority, however, is the safe recovery of all of our patients from the effects of anesthesia. Therefore, we cannot guarantee that you will be able to visit your child in the recovery room. The final decision is based not only on your child's condition but also on the conditions of the children around him or her.
- **What can I expect while my child recovers from anesthesia?** While today's anesthetics allow a smoother, more comfortable recovery than in the past, side effects are not unusual. Nausea and/or vomiting can occur either as a result of the anesthetic or the surgical procedure. Anti-nausea medicines will be given if needed. Every effort will be made to provide comfort to your child. Supplemental pain medication may be necessary. Even if your child is comfortable, waking up in an unfamiliar environment may be upsetting. It is occasionally helpful to provide medicine to relieve anxiety in the recovery room. Your child may be very sleepy from the anesthetic or other medication. Although your child will want to see you, he or she will probably want to sleep and not feel like talking.

Safety During Surgery

We want your child to have a safe surgery experience with good results. To ensure your child's safety, we always:

- **Wash our hands.** We will clean our hands before and after touching your child. Doing this is the best way to stop the spread of infection.
- **Check your child's name and armband.** Many people will ask you or your child to state his or her name and birth date. We will check this information on your child's armband frequently. We do this to make sure we are doing the correct procedure on the right patient.
- **Verify your child's procedure and mark the surgical site.** We will ask you to tell us what procedure you think your child is having to make sure we are doing the correct one. One of the doctors will mark the site if it involves the right or left side. This will make sure the surgery is done on the correct side of the body.
- **Perform a pregnancy test on all girls who have started their periods.** This may seem like an unusual request, especially for younger girls, but anesthesia medicines can have a bad effect on any unborn baby, and we want to avoid this.
- **Give a sedative if indicated.** If we think your child may be anxious about going to the operating room, we will give him or her a sedative called Versed by mouth. This medicine can cause your child to become very drowsy and disoriented. Once it is given, we will need your help to keep your child safe by holding him or her up or having him or her lie on a stretcher.
- **Give antibiotics if indicated.** Your child may be given antibiotics while he or she is in the operating room. This will help prevent infection.
- **Monitor your child's temperature.** Your child's temperature will be monitored during the operation and in the recovery room. This will help us catch any problems early.
- **Monitor blood sugar if indicated.** If your child is a diabetic, we will check his or her blood sugar in the operating room and the recovery room. We will ask you the result of his or her morning check.

The Day Before Surgery

A nurse will call to give you instructions one or two days before the surgery date. This phone call will include important information for you and your child about the following:

- **Diet instructions.** It is very important to follow diet instructions exactly as they are given. If they are not followed, the surgery may be delayed or cancelled. Eating or drinking too close to the surgery increases the risk of vomiting stomach contents into the lungs. This may cause pneumonia, lung damage or even death. If these instructions are not followed, the surgery or procedure will be cancelled. Clear liquids are limited to water, apple juice, Gatorade and Pedialyte; no Jell-O or Jell-O water.
- **Arrival time.** You will be asked to arrive earlier than your child's scheduled surgery time. This allows us plenty of time to be sure that you and your child will be ready for surgery. All patients will see a nurse, a surgeon and an anesthesiologist prior to their procedure. A Child Life specialist is available if your child needs support to prepare for surgery. Also, any pre-surgery tests that are needed may be done at this time. The scheduled surgery time is only an estimate and may change due to emergencies or procedures lasting longer or shorter than scheduled.
- **Please tell the nurse if:**
 - Your child has had tests done outside of Riley at IU Health and if you have a copy of the results.
 - Blood has been donated for the surgery.
 - Your child's doctor has given your child special diet instructions or treatments.
 - Your child is going to need special equipment at discharge, such as an apnea monitor, car seat or crutches.
 - Your child is taking any medicines. This includes any over-the-counter medicines, herbs or as-needed medicines. The nurse will need to know the name, the dosage ordered, how often the medicine is taken and when it was last given. Your phone nurse will tell you what medicines to take before the procedure.
 - Your child develops a cold, persistent cough, flu symptoms or fever. Please contact your child's doctor or the surgery team at Riley at IU Health before coming to the hospital.
 - Your child has any allergies.
 - Your child has been exposed to a contagious disease (measles, mumps, Chicken pox) within the past three weeks. Please notify the surgeon and the nurse who calls you before the procedure.
 - If you would like to use our outpatient pharmacy services to have your child's prescriptions filled before leaving the hospital.
 - Your child has any special sensory concerns.

If you have not received a phone call by 1 pm the day before surgery is scheduled, please call the location where your child's surgery is scheduled to take place to learn when to arrive and about important diet restrictions and to ask questions about your child's health history.

- **Phone numbers.** If you do not understand these instructions or have questions, please call the appropriate surgery center at the numbers listed below.
 - Riley Hospital for Children at IU Health Pre Post Care Unit: **317.944.8634**
 - Riley Hospital for Children at IU Health North: **317.688.2006**

The Day of Surgery

There are many things to remember on the day of your child's surgery. Below are some guidelines to keep in mind:

- **What to bring to the hospital.** When you come to the hospital on the day of surgery, please bring:
 - An extra set of loose fitting clothes.
 - Any medical supplies you use at home, such as G-tube tubing and adapters, special formulas, extra tracheostomy tubes, special bottles or nipples, sippy cups or prescribed medicines in their original containers.
 - A favorite toy or blanket. Children may bring a MP3, CD or DVD player with earphones. Please be sure items are well marked with your child's name.
- **When you arrive at the hospital.** You will be assigned to a small room where you will need to wait until it is time for your child's surgery. The doctors and nurses will meet with you in your room. If your daughter has started menses (is having periods), she will be asked to give a urine sample for a pregnancy test. This is required by her anesthesiologist for her safety while under anesthesia. When your child is ready, a surgical nurse will come out to meet you. The nurse will be wearing surgical scrubs and a paper hat. Your child will either walk, be carried or ride in a wagon, in a wheelchair or on a stretcher to the operating room. The rooms have limited seating, and we ask that only two people accompany the patient. You should plan to be here most of the day. We also ask you not to bring any other children with you.
- **Safety.** Safety is one of our main concerns. You will verify the surgical procedure and site before the surgery. The doctor, patient or family member will mark the site if it involves either left or right.
- **Before surgery.** The anesthesiologist, your child's nurse and a Child Life specialist will work with you to help your child be comfortable going to surgery. The Child Life specialist will assess your child's level of anxiety and understanding of the procedure, address any fears or concerns and help best prepare your child for surgery. If needed, your child may be given a medicine to drink to cause drowsiness before surgery. It will also help make it easier when he or she is ready to go to the operating room. This will be given about 15 minutes before the surgery. At this point, your child will need to lie down, stay in a wagon or on your lap. We also ask you to keep the room calm and quiet.
- **Family surgery lounge.** When the surgical nurse takes your child to surgery, he or she will let you know where you need to wait. The family surgery lounge is also located on the second floor of Riley Hospital for Children at IU Health. Please be sure to check in with the receptionist in the waiting area. The lounge offers free Wi-Fi, so feel free to use your cell phone or computer while you wait. A Family Support Nurse will be making rounds frequently between the operating room, recovery room and surgery waiting area to keep you informed of your child's surgery and progress. Updates on your child's progress will be given every one to two hours throughout surgery and as your child wakes up in the recovery room.
- **If you leave the waiting area.** After checking in, it is a good time for you to get something to eat or drink. We ask that you do not leave the hospital and that you notify the receptionist if you are leaving the waiting area. Be sure to notify the reception desk or leave your cell phone number with the receptionist. Make sure the host or hostess knows where you are going and how long you will be gone. This will help us if we need to find you or if the surgeon needs to talk to you during surgery.

Recovery Room Guidelines

In order to make visitation in the recovery room as smooth as possible, we ask that you follow these guidelines:

- **Only two visitors at a time.** There is a limited amount of space around patients in the recovery room. The nurses need to be able to move freely around the bed in order to take care of your child.
- **No children under the age of 16 are allowed in the recovery room.** Your child needs all of your attention while you are visiting. There is also a lot of equipment and unfamiliar people and noises, which might be scary for a younger child.
- **Family Support Nurse.** A Family Support Nurse is available in the daytime, Monday through Friday. The nurse will make rounds on a frequent basis between the operating room, recovery room and surgery waiting area. He or she will be able to give you information about how your child's recovery is going.
- **Please do not come to the recovery room until we call for you.** When the surgeon tells you that your child is going to the recovery room, it often only means that the procedure itself is done. Additional time is needed for the anesthesiologist to wake your child up and for the operating room staff to get him or her ready to move to the recovery room. It will then take time to get your child settled in. This can take an hour or more after the surgeon talks to you.
- **Admission delay.** Due to increases in our patient population, there is a possibility that your child may be held in the recovery room for an extended time before his or her admission bed assignment becomes available.

Going Home

If your child is staying overnight following surgery, this is considered an admission, and your child will go to a patient care unit when he or she leaves the recovery room. If your child is going home after surgery, he or she is an outpatient and will go back to the Riley at IU Health Pre Post Care Unit.

- **Home care instructions.** Before you leave for home, the post-care nurse will go over your home care instruction sheet and answer any questions. Please ask the nurse to provide you with an excuse for work or school if needed.
- **Medicines.** Prescriptions for medicines may be filled through our outpatient pharmacy services.
- **Follow-up call.** Soon after your child's surgery, you will receive a follow-up telephone call from a nurse. He or she will be happy to answer any questions you may have following surgery.
- **Questions after surgery.** Riley Hospital for Children at IU Health has a surgery nurse available 24 hours a day at **317.944.8634**, or you may call the surgeon's office during office hours. If the office is not open, you may call **317.944.5000** and ask for the surgeon's resident on call. If your child is having surgery at Riley Hospital for Children at IU Health North, please call the surgeon's office to ask follow-up questions.
- **Satisfaction survey.** You will be given a satisfaction questionnaire to fill out. Please be sure to fill out your survey. We appreciate your feedback and use it to improve our services.

Postoperative Complications

Please call your child's doctor if he or she:

- Has a fever greater than 101 degrees Fahrenheit
- Experiences persistent nausea or vomiting
- Has excessive bleeding or swelling
- Experiences difficulty breathing
- Has any other unusual symptoms