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**How do I clean my child’s skin before surgery?**

**The day before your child’s surgery:**
- Have clean towels, sheets, pyjamas, underwear and clothes ready for your child.

**The night before your child’s surgery:**
- Give your child a bath or shower. Wash their skin with soap and water. Wash their hair with shampoo.
- Do not put any cream, lotion or powder on your child’s skin after the bath or shower. Put them into clean underwear and pyjamas. Put clean sheets on their bed.
- Help your child stay as clean as possible. Do not let them play on the floor.

**What can my child eat and drink before surgery?**

1. **The night before surgery** your child can eat and drink until midnight.
2. **No solid food, candies or chewing gum after midnight.**
3. **You must follow these instructions or your child’s surgery may be cancelled.**

**On the day of surgery, please follow these instructions on when your child must stop drinking any fluids:**

<table>
<thead>
<tr>
<th>Hours before surgery</th>
<th>You may give your child these fluids</th>
<th>Fluids must be finished by:</th>
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<tbody>
<tr>
<td>☐ 8 hours</td>
<td>4 oz (120 ml) of formula or milk</td>
<td>___________________________ (time)</td>
</tr>
<tr>
<td>☐ 6 hours</td>
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<td>___________________________ (time)</td>
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*You must follow these instructions or your child’s surgery may be cancelled!*

**What should I do before coming to the hospital?**

- If you have questions or concerns about the surgery, please call the surgeon.
- If your daughter has her period, she should use pads not tampons.
- Remove your child’s nail polish, contact lenses and jewelry.

**Removing your child’s jewelry**

All jewelry on your child’s body must be removed. This includes:
- all body piercings
- finger and toe rings
- bracelets and watches
- chains and necklaces
- earrings
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This is done for safety reasons and to prevent loss or damage to the jewelry.

If you cannot remove body jewelry, contact a body piercing salon for help. They may charge a fee to put the jewelry back on after surgery.

If there is an infection near any body jewelry, tell the nurse when you get to the hospital.

**What should I bring to the hospital?**

- Your child’s favorite toy or blanket.
- Your child’s inhaler and aerochamber.
- Your child’s medical alert bracelet or necklace. They will be removed before surgery.
- A housecoat, pajama bottoms (or sport shorts) and non-slip footwear as your child may walk to the operating room.
- Comfortable clothes for your child to wear when he or she goes home. During surgery your child will wear a hospital gown.
- Your child’s insulin.
- Your child’s glasses.
- Power cords (chargers) for any devices your child may use.
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Date of surgery: _______________
Time of surgery: _______________

Please bring your child to Patient Registration
1½ hours before surgery at ____________ (time).

Call your surgeon’s office before coming to the hospital if your child:
- gets a cold, sore throat or feels sick
- has a high fever
- has chicken pox or has come in contact with someone with chickenpox

The Family Support Program

This program allows one parent to go with their child:
- into the operating room until the anesthetic is given, and
- into the Post Anesthetic Care Unit (PACU) or recovery room after surgery.

The Anesthesiologist is the doctor who will decide if you can do this with your child.
- Your child must be at least 1 year old and have met with the Child Life Specialist or nurses.
- A volunteer will be with you when you are in the operating room.