

# Waiting at home for your child's surgery

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Your surgeon has told you that your child can wait at home for surgery. Here is what you need to know and to do while waiting for your child's surgery.

## How will I know when to come to the hospital?

You will be notified by 7 pm each day of the Operating Room plan.

A member of the Operating Room staff will call you at least 4 hours before your child's surgery. He or she will:

- Ask when your child last had something to eat or drink
- Tell you the time of surgery and when to come to Patient Registration at McMaster Children's Hospital. Write this information here:

**Time of surgery** \_\_\_\_\_

**Time to arrive at Patient Registration** \_\_\_\_\_  
Level 2 (main floor, yellow section)

When the Operating Room calls, tell them if your child:

- has a cold, sore throat or feels sick
- has a fever
- has chicken pox or has come in contact with someone with chicken pox



**Remember!**

**Please keep in mind that your child's surgery time may change or the surgery may be cancelled after you arrive at the hospital due to circumstances beyond our control such as an emergency.**

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## When should my child stop eating and drinking?



1. The night before surgery your child can eat and drink until midnight.
2. No solid food, candies or chewing gum after midnight.
3. Four hours before surgery, your child can have 4 oz (120 ml) of water or clear apple juice.
4. After that, you child must have nothing to eat or drink.

**You must follow these instructions or your child's surgery may be cancelled**

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

- Follow any specific instructions from your surgeon.
- Continue to give your child his or her prescription medication (with a sip of water) unless your surgeon has told you otherwise.
- Give your child a bath or shower.
- 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
- earrings
- bracelets and watches
- chains and necklaces

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 health card and group insurance information
- All the medications your child takes, including prescription and non-prescription medicine, insulin, inhalers and aerochambers, vitamins and herbal products
- Your child's medical alert bracelet or necklace. They will be removed before surgery.
- Your child's favorite toy or blanket.
- 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 glasses.
- Power cords (chargers) for any devices your child may use. We cannot be responsible for any devices your child may bring.

## What should I remember when we come to the hospital?

- Plan to spend most of the day at the hospital. You can buy food and drinks in our cafeteria or coffee shop.
- Please do not bring other children with you to the hospital.
- We are a fragrance restricted hospital. Many of our staff and patients have asthma and other allergies. Please do not bring or wear perfume, cologne, aftershave, scented hairspray or other scented products.
- Plan for another adult to come with you when you take your child home. One person to drive, the other to care for your child. You should not take your child home by bus.
- If you park underground, park in the yellow area. Take the yellow elevators to the second floor to get to Patient Registration.

## **Where do we go when we arrive at the hospital?**

When you arrive for surgery, go to **Patient Registration** on Level 2 (main floor, yellow section). After your child is registered, you will be directed where to go next.

## **If my child needs to stay in the hospital, can I stay overnight?**

- Yes, you can stay overnight. Our patient rooms have space for 1 parent to stay overnight. The other parent can visit at any time.
- Please bring personal items your child will need, such as diapers.
- You can buy food at the cafeteria or the coffee shop, which is open 24 hours a day. The hospital will provide meals for your child.
- Your other children may visit if they are well. If your child has a brother or sister over age 18, he or she may stay overnight instead of a parent.

## **How can I provide feedback?**

At Hamilton Health Sciences we welcome your feedback. Hearing from patients and families is the best way to improve our care and services.

- If you have compliments or concerns about your care, please speak with a member of your health care team or the unit/area manager.
- If you wish to share your feedback or compliments further, or feel your concerns have not been addressed, please contact the Office of Patient Experience at 905-521-2100, ext. 75240.

**If you are concerned about your child while you are waiting,  
call 905-521-5030 and ask to speak with the  
Pediatric Orthopedic Surgeon On-Call.**

**For emergencies, call 911 or come to the Emergency Department.**