

Getting your child ready for surgery

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.



**Important
Information**

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.
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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.

Important!

Clean skin helps prevent infections after surgery!

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:

Hours before surgery	You may give your child these fluids	Fluids must be finished by:
<input type="checkbox"/> 6 HOURS	Tube feeds, formula, milk or fortified breast milk, pediasure©	_____ (time)
<input type="checkbox"/> 4 HOURS	Breastmilk	_____ (time)
<input type="checkbox"/> 1 HOUR	Water or clear apple juice	_____ (time)

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
- 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 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. We cannot be responsible for any devices your child may bring

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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.**
- McMaster Children's Hospital is a fragrance restricted hospital. Many of our staff and patients have asthma and other allergies. Please do not wear perfume, cologne, aftershave, scented hairspray or other scented products.
- Wear flat shoes. Only flat shoes will fit into the slippers you will wear in the operating room.
- 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.

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.

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.