

# MY DAY SURGERY



# A GUIDED PHOTO TOUR

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## DISCLAIMER

### Important note please read

The information provided in this document is for educational purposes only. It is not intended to replace the advice or instructions of a professional healthcare practitioner or to substitute medical care. Please contact a qualified health care practitioner if you have any questions concerning your child's care.

## A NOTE FOR PARENTS/CAREGIVERS

This preparation book was written primarily for children 6 years and over in order to help them know what to expect on their day of surgery. If your child is younger, we encourage you to use the pictures you feel are appropriate to familiarize them with their hospital experience. Since every surgery is different, some sections of this book may not apply to your child. We recommend that you read this book first and decide which information you think will help your child feel better prepared for what to expect. Some children cope well with a lot of information while others can become anxious when given too much. You know your child best. We also recommend simplifying the language into terms that your child will best understand.

This book explains the process of falling asleep by breathing anesthesia through a mask induction. Although this is how most patients will fall asleep, for some children it is not the best plan. In some cases, anesthesia is given by intravenous (IV). How your child will fall asleep will be assessed by the anesthesiologist during your consultation or on the day of surgery.

We encourage you to be as much a part of your child's surgery experience as possible and to share any information you believe can be helpful in making your child's experience at the hospital a positive one. If you have more questions about how to prepare your child for surgery, please contact the Child Life Specialist that works in the Surgical Day Centre (SDC) by email at [glen.prep.ppi@muhc.mcgill.ca](mailto:glen.prep.ppi@muhc.mcgill.ca)

I am having surgery to remove my tonsils so I can breathe better!



You are coming to the hospital so that a doctor (called a **surgeon**) can help make a part of your body feel and work better. This is called having a **surgery**. It's **O.K.** to feel a little worried, just know that the people you will meet are there to help you and answer all of your questions. Keep reading to learn more about what your day will be like!



So you **don't feel sick**, it is **very important** that your stomach be **empty** when you receive the special medicine that will make you sleep during your surgery. This means that you **won't be able to eat, drink, or chew gum** on the day of your surgery.





The first step is to make sure that you and your family sign in at the **registration desk** so we know that you are here.



While you are waiting for your turn, you can **play** in the **waiting area**.



You can bring your **favorite stuffed animal** or **blanket** to keep you company throughout your stay.



You can also bring something from home; like a **favorite game, toy** or even a **book** to read in order to pass the time while you are waiting.





When your name is called, you and your family will meet a nurse who will give you a **hospital gown** to change into and a **bracelet** with your name and birthday on it. If you have any **allergies**, you will also get a **red bracelet** that tells the doctors and nurses exactly what you are allergic to.



Your nurse will ask you and your family different questions like: When was the last time you ate or drank? Do you have a cold? Do you have any allergies?

You will also be **weighed**. This is all important information that will help the doctors and nurses take good care of you.



Next, you will meet with two doctors and a nurse. If you have any questions, now would be a good time to ask them.

The **nurse** will check your bracelet and ask you different questions.



One doctor is your **surgeon**. This is the doctor who will be doing your surgery. He or she may need to draw a **little mark** on your body where you'll be having surgery.



The other doctor is called an **anesthesiologist (sleep doctor)**. This is the doctor who gives you a special medicine that helps you stay asleep throughout your whole surgery so you **won't feel anything at all**. You will slowly wake up only after your surgery is finished.



In order to help keep the Operating Room **very clean**, everyone will be wearing **uniforms** called scrubs, **hats** and **shoe covers**.



Everyone will also be wearing **masks** that cover their nose and mouth. Don't forget that behind every mask, everyone has a big smile!





Don't forget your stuffed animal or blanket, if you brought one with you!

When it is time for your surgery, you can give your parents a big hug and kiss and tell them that you will see them later. Your parents will be waiting for you close by and will see you when you wake up. Depending on where you come from in the hospital, you may walk or lie down on a rolling bed called a **stretcher** into the **Operating Room**.





When you go inside the operating room, you will see many **people**, **machines** and **bright lights**. You will also see a **bed** for you to lie down on.

Some of these machines may be used for your surgery. Remember, they are not all there for you!





Someone will help you get up on the bed and then you will be asked to lie down. The operating room can **feel a little chilly**, therefore someone will place a **warm blanket** on you in order to make you feel more comfortable.





Pulse Oximeter

Once you lie down on the bed, the doctors and nurses will start getting you ready for your special sleep.

A **pulse oximeter** (soft clip with a red light) will be placed on your finger or toe to check how much oxygen is in your body.



Blood Pressure Cuff

A **blood pressure cuff** will also be placed around your arm or leg to measure how fast your blood is circulating through your body.



Heart Monitor Leads

They will place three round stickers called **heart monitor leads** on your chest and tummy. These stickers listen to your heart beat while you sleep.





It is now time to breathe the special **sleep medicine** through a **mask**. Most kids say the mask feels **soft** and **squishy**.

Your sleep doctor will place the mask over your nose and mouth. This mask will be attached to a tube that gives you air and the sleep medicine.

Some children say that the air smells funny, but breathing through your mouth can help it to smell less. We will also put a scented candy oil inside your mask that will make it smell better.

Don't forget, you won't feel anything at all during your surgery and you will only wake up after it's all done.





When your surgery is finished, you will be taken to the **Recovery room**; where you will begin to wake up slowly.

After surgery, you might feel a little **sleepy, dizzy, or uncomfortable**. You might also wake up with a **bandage** on the area where you had surgery.

A nurse will be there to take care of you as you wake up. It is **important** to let your nurse know how you are feeling so he or she can help you.



When you wake up, you will also see a **tiny tube** in a vein on your hand that your anesthesiologist placed while you were sleeping.

This tiny tube is called an **intravenous (IV)**. Its job is to give your body medicine and to help your body drink during your surgery and also when you wake up.



As soon as you wake up, your parents will be called to come and join you. You may feel like you have a sore throat, so your nurse will offer you a popsicle or something to drink.



Once you are wide-awake, it will be time to get ready to go back home or to your hospital room. If your doctor tells you that you have to spend the night, someone will accompany you to your room.

When you are ready to go home, your nurse will **gently** remove the tiny tube from your hand and then you will be able to get dressed.



We hope this book has helped you better understand what to expect on your day of surgery. We are all here to take very good care of you and answer all of your questions!



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