



Preparing Your Child for Surgery:

Ten Tips to Support Yourself and Your Child

Questions to Consider Asking the Medical Team:

- What can my child eat and drink before surgery and how close to the time of surgery can they do so? If they can have liquids, can that include jello?
- Is it possible to get an early surgery time?
- What is the flow of the day?
- Can I be in the operating room with my child? If so, how many caregivers do you allow?
- How will my child go to sleep?
- Can my child bring a stuffed animal or distraction item into the operating room?
- What will the recovery process be like? Are there certain things my child has to do (like drink or urinate) before going home?
- Do you have drink and snack options at the facility for my child after surgery?
- Is premedication an option for children that are especially anxious?



Age Appropriate Language:

- Surgery: when the doctors fix something in your body that isn't working right.
- Anesthesia: Sleepy medicine that helps you stay asleep for your whole surgery. You will not feel, see, or hear anything during your surgery and will wake up when your surgery is over.
- Surgeon: Doctor who is doing the surgery.
- Anesthesiologist: Doctor who gives you the sleep medicine.
- Gown: Hospital pajamas.
- Taking Vitals: Checking your body to make sure you are healthy and ready for surgery.
- Pulsox: Sticker that goes on your finger that tells the doctors how you are breathing.
- Blood Pressure Cuff: A piece of fabric that goes around your arm and gives your arm a tight squeeze.
- EKG leads: Stickers that go on your chest that tell the doctors how your heart is beating.
- Stretcher: Bed on wheels.
- Operating Room: Room where you have your surgery.
- IV: Tiny straw/tube that can give your body water or medicine.
- Recovery room: Wake up room or the room where you wake up from your surgery.

