

Preparing for Surgery

Tips for preparing you and your child for surgery

It is important for your child to be as healthy as possible for their surgery. Here are some tips that can help boost their health and improve recovery:

- Clean:** Shower or bathe the night before and the morning of surgery using antibacterial soap and a washcloth. Your nurse will tell you if your child needs a special soap. Wash the body where the surgery will take place with extra care to help remove germs from the skin. DO NOT shave the area where the doctor will operate. Shaving increases the chance of wound infection.
- Food:** For your child's safety, it is important to follow instructions on when to stop allowing your child to eat or drink.
- Fingernails:** Cut and clean your child's fingernails before surgery. Long fingernails can make it hard for your child to wash his/her hands well. Remove nail polish so we can check the color of the nail beds after surgery. It is best to remove artificial nails before surgery as they can hide germs.
- Mouth:** Tell your doctor if your child has loose or decayed teeth, or an infection or sores in the mouth. Have your child brush his/her teeth before going to surgery. Your child should not swallow when rinsing his/her mouth.
- Vaccines:** Ask your primary care doctor if your child should get the flu vaccine (if it is flu season) and the pneumonia vaccine.
- Visitors:** Please tell your family and friends not to visit if they are ill. Visitors and staff should wash their hands before and after touching you or your child.
- Infection/Exposure:** Please tell your child's surgeon if your child has been around anyone with a communicable disease. This includes diseases such as shingles, measles, chicken pox, whooping cough, methicillin resistant staphylococcus aureus (MRSA: say MUR suh), or vancomycin resistant enterococci (VRE).
- Medications:** Bring a list of your child's current medications (doses and instructions) including over-the-counter medications and supplements. Your child should not take their own medicines while in the hospital. The nurses will give your child medicine from our supply. If instructed to take medications the day of surgery, only do so with a sip of water.
- After Surgery:** Depending on the type of anesthesia and surgery your child will have, it will be important to take deep breaths and cough after surgery. Your child can get blow bubbles or a pinwheel from Child Life therapists to help with deep breaths.
- Hospital Stay:** If your child is spending the night after surgery, accommodations are provided for one parent or parent-designated visitor who is at least 18 years old (may not be a boyfriend or girlfriend of patient). Three quiet rooms are available for parents in the critical care units. Outside hospital accommodations include Ronald McDonald House and local hotels.

Online Education

Go to **WakeHealth.edu/YourSurgery** to view our online video.

Founded in 1986
Brenner Children's Hospital in Ardmore Tower opened in 2002

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Surgical Services, Wake Forest Baptist Health

Wake Forest Baptist Health is dedicated to the highest standards of patient-centered care. If there is anything we can do for you during your stay, please don't hesitate to ask. After you are discharged, you may receive a survey that asks about your surgical experience. Your feedback is always considered and valued.



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Brenner Children's

Getting Ready for Surgery

Bring this folder with you to appointments and your child's surgery.

We understand this may be a new experience for you and your child, and we want you to know we are here for you. In preparation for your surgery at Wake Forest Baptist Health Brenner Children's Hospital, we want to share what you and your child can expect before, during and after surgery. Our committed staff promises to keep your child safe, care for you and your child, involve you and your family and respect you and your time.

Surgeon's name _____ Date of surgery_____

Surgeon's phone number _____ Arrival time for surgery_____

After office hours, call **336-716-2011** and ask for the Doctor on Call.

Surgery Scheduling: **336-713-6000**

Other Questions _____

Pre-op phone calls

Once your child's surgery is scheduled, you should receive the following phone calls:

- A nurse navigator will call you to discuss your child's individual plan of care and to ask a few questions as part of a routine assessment. Some children may be required to come to the Preoperative Assessment Clinic (PAC) for an additional evaluation. Should your child require a PAC visit, it will be scheduled by the nurse navigator or surgery scheduler.

My child's PAC appointment is scheduled for

Day_____ Date _____ Time_____

PAC phone number: **336-716-3245**

- The day before surgery, the surgical schedulers will call to confirm the time of surgery, when you should plan to arrive and final instructions for when to stop eating and drinking. **If you have not received this phone call by 3 pm the day before surgery, please call 336-713-6000.**

For your child's safety, your child should stop eating and drinking at _____

One of the best ways to be an effective partner in your child's medical care and treatment is to be an informed family member. During your child's stay, whenever you are faced with something you don't understand, whether it's a diagnosis, a medical procedure or simply how to find the cafeteria, be sure to ask questions of your child's physician, nurse or any other staff member.



Preoperative Assessment Clinic (PAC) and Surgical Services



We know you have a choice as to where you take your child for their surgical procedure. We are glad you selected Brenner Children's Hospital as your partner. Thank you for trusting our physicians and staff with your child's care.

Our Patient Promise

- We will ...
- ▶ Keep you safe.
 - ▶ Care for you.
 - ▶ Involve you and your family.
 - ▶ Respect you and your time.



Know Before You Go
Plan alternate routes now, allow more travel time, and watch for updates.
▶ WakeHealth.edu/Business40
▶ 336-716-ROAD