

# Seattle: Before Surgery Checklist

Please follow these instructions closely for the safety of your child and to prevent the surgery from being cancelled.

Child's name: \_\_\_\_\_

Surgeon's name: \_\_\_\_\_

Date of your pre-surgery phone call: \_\_\_\_\_  
(Day of week) (Date)

Date of your child's surgery: \_\_\_\_\_  
(Day of week) (Date)

Surgery specialty clinic phone number: 206-\_\_\_\_\_ - \_\_\_\_\_

Surgery: \_\_\_\_\_

## One week before the surgery

- Continue your child's medicines as usual.
- Do not** give ibuprofen (Motrin or Advil), aspirin or naproxen (Aleve) for at least 7 days before the surgery. These medicines can increase the risk of bleeding from the operation site.
- It is OK to give Acetaminophen (Tylenol).
- If your child is taking an anticoagulant (like aspirin, Coumadin or Lovenox), contact your surgeon for the stop date. Children under the care of a medical provider should ask for instructions on stopping or continuing medicines prior to the surgery.
- Do not** shave near the surgical site areas with a hand-held razor within 7 days before surgery. Shaving can increase the risk of your child getting an infection at the surgical site.
- Sick child:** If your child becomes ill with fever, cough or breathing problems within 1 week of surgery, call your child's surgical clinic. We may need to reschedule the surgery at a time when your child is fully recovered. Call 206-987-2045 if your child wakes up ill the morning of the surgery.

## Three days before the surgery

**The phone call:** Please make sure your surgeon's office has your current phone number. **Three business days** before your child's surgery, you will



receive a phone call with very important information. You can write notes on the space provided below. This call will include:

- When to arrive for check-in at the 4th floor Registration desk
- When your child can last eat solid food and drink milk
- When your child can last drink clear liquids like clear apple juice (without pulp), 7UP or water

**Information to write down during your pre-surgery phone call:**

Date of surgery: \_\_\_\_\_  
Medicines to be taken on the day of surgery: \_\_\_\_\_  
Time to arrive at the hospital on the day of surgery: \_\_\_\_\_  
No solids or milk after: \_\_\_\_\_  
No breast milk after: \_\_\_\_\_  
No clear liquids after: \_\_\_\_\_

**Note: Breast milk is not considered a clear liquid.**

**If you do not follow these eating instructions, your child’s surgery must be cancelled and rescheduled.**

If you do not hear from us 3 business days before the surgery, call the Surgery Center at 206-987-7890.

- Bathing is an important part of preventing infections.** Bathing will lower the risk of your child getting an infection at the surgical site. The night before or the morning of surgery, give your child a bath or shower and shampoo. If you were given a Hibiclens packet by your healthcare provider, use it. Pay special attention to the surgical site, but do not use on head or face.
- Remove nail polish from your child’s fingers and toes before the surgery.

**Day of the surgery**

- Please arrive on time.
- Park on Level 4 of the Whale parking garage at Seattle Children’s main hospital campus. Check in at the 4th floor Registration desk.
- Before the surgery, female patients 12 years and older will be required to provide a urine sample for pregnancy screening.
- Signing consent forms:** Remember, grandparents, aunts, uncles, and foster parents who are granted physical custody of a child may not have legal rights to sign for the child’s surgery. A parent or legal guardian with

medical decision-making rights must come with the child having the surgery or be available by phone to give verbal consent.

- Anesthesia – If your child needs anesthesia for their surgery, you will meet with your anesthesiologist before to do a physical exam and talk about your child's anesthesia plan.

### **What to bring to the surgery**

- A list of all medicines and herbal supplements your child is taking or the medicines themselves
- A copy of legal papers granting you rights to make decisions about surgery for this child (if this applies)
- All medical insurance cards or coupons
- An extra change of comfortable clothes (like sweatpants) for your child after surgery
- A favorite toy or blanket for comfort – just one item, please; it's hard to keep track of more
- Symphony breast pump kit or your own pump and equipment (if appropriate). If you do not have your own pumping equipment, you can use the hospital's Symphony pumps.

**Bringing other children:** If possible, do not bring other children to the hospital. If you must bring them, arrange to have another adult with them at all times. Siblings can also go to the Sibling Playroom for up to 2 hours at a time.

### **Tips to prepare your child for the hospital**

- Talk to your child about the hospital visit and what will happen. Visit our Web site for tips. Go to [www.seattlechildrens.org/surgery](http://www.seattlechildrens.org/surgery) and click **Preparing Your Child**.
- Have apple juice, Pedialyte and other clear drinks at home for after the procedure.
- Arrange for a safe ride home for your child. Make sure the car has your child's car seat or booster seat inside.

### **Caring for your child at home after surgery**

After your child's surgery, nurses in the recovery room will go over activity, diet, medicine, pain control, surgical site care and when the surgeon wants to see your child again.

### **PASS Clinic only – A before-surgery clinic visit**

Your child may be seen before the day of surgery in the PASS (Pre-Anesthesia Surgical Service) clinic.

During the PASS visit, a nurse practitioner will ask questions about your child's health history and do a physical exam in preparation for anesthesia and surgery. Any additional tests and consultations are done at this time.

### To Learn More

- Insurance: If your child is going to be admitted after surgery, call 206-987-3940. If your child is going home on the day of surgery, call 206-987-5757.
- Financial Counselors: 206-987-3333 or 206-987-5786 (Spanish).
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

The nurse practitioner will talk with you about what to expect on the day of surgery.

Because surgery consent may be signed at this time, a legal guardian with rights to sign for a surgery must come along to the visit. A surgeon will not be at this visit, so please be sure to have your questions about the surgery answered before this time.

### Questions?

If you have questions about your child's surgery, need to reschedule your PASS appointment, or have an address or phone number change, please call your child's surgical clinic.

If you have a question about when your child can last eat, call 206-987-7890.

If your child is sick on the day of surgery, call 206-987-2045.

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers 206-987-2280 (TTY).