

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 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 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.

The day before surgery

The phone call: Please make sure your surgeon's office has your current phone number. One business day before your child's surgery, you will receive a phone call with very important information. You can write notes on the space provided on the third page of this handout. This call will include:

- When to arrive for check-in at the 4th floor Registration desk

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- 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), 7-Up or water

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 by early evening the night before 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 and check in at the main 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.

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 (just one item, please; it's hard to keep track of more)
- Breast pump kit (if appropriate)

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To Learn More

- If your child is sick on the day of surgery, call 206-987-2045.
- For questions about when your child can last eat, call 206-987-7890.
- For questions about the surgery, or change of address or phone number, please call _____
- www.seattlechildrens.org

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)

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 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. The nurse practitioner also 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.

- 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: _____

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

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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9/09
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