What is a Mask Induction?

What is a Mask?

A mask is a soft, plastic cover that goes over your nose and mouth. It helps you breathe in special air or medicine that helps your body relax or fall asleep for a procedure. Some masks smell like bubblegum, strawberry, or other fun scents!

Who is eligible for a mask induction?

The medical team, including the family, will work together to identify the most appropriate anesthesia induction plan which may involve a mask . Not every child will be eligible for a mask induction due to health history.

Why is it important to wear a mask?

Wearing a mask helps doctors and nurses give you medicine that helps your body feel calm or sleepy. This is important so your body can stay still and comfortable during a procedure or surgery.

Your job during mask inductions.

Your job is to take slow, deep breaths through the mask—like blowing up a balloon with your nose and mouth. You can pretend you're smelling a flower or blowing out birthday candles. Staying still and calm helps the medicine work quickly and safely.

What happens when you use a mask?

> **Steps:**

- You may choose a fun scent and stickers for your mask.
- The mask is gently placed over your nose and mouth.
- You'll be asked to take deep breaths.
- You might hear or feel air moving through the mask.
- You may feel sleepy or relaxed as the medicine starts working.
- A nurse and doctor will stay with you the whole time.

Things that can help during mask induction.

> **Helpful hints during mask inductions:**

- Choose a favorite scent and stickers for your mask.
- Use comfort positioning.
- Bring a favorite stuffed animal or blanket.
- Use distraction tools like an iPad, music, or count on.
- Try breathing games such as blowing up a green balloon or pretending to "smell the flower, blow out the candle".
- Ask a Child Life Specialist for support and coping strategies.

THE
University _of_ Vermont
Children's Hospital

UVMHealth.org/childrens

Procedure Images

Steps for a Mask Induction

mask	**add a scent**	**add stickers**
watch it bounce	**try it on**	**breathe in**

THE
University *of* Vermont
Children's Hospital