

What happens when I come to the hospital for surgery?

A guide for children and their families for
surgery day at the hospital.



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Welcome to the hospital!



When you arrive, the first thing you will do is check in at the registration desk. Here they will print out a special bracelet that has your name and birthday on it. You will wear this bracelet while you're at the hospital but can take it off when you leave to go home. Once you're all checked in, you will walk down the hall to the surgical waiting area where you will wait until someone calls your name to bring you back to your room.



Welcome to the “Pedi Pod!”

The Pedi Pod is where you (and other kids) will spend time getting ready for surgery. There are 3 rooms with curtains and 2 rooms with doors. One of the first things you will do when you enter our pod is step on the scale so we can see how much you weigh. We will also have you stand up against the wall so we can measure how tall you are.



Next stop, your room!





Here is your room! This is where you will spend time getting ready for your surgery. On your bed you will find some pajamas with puppies and kitties on them that you will change into. You will also find a clear, plastic bag to put your clothes and special items in. Once you are changed into your pajamas, a nurse will come in and start to get you ready for your procedure.

They will also do 3 things:

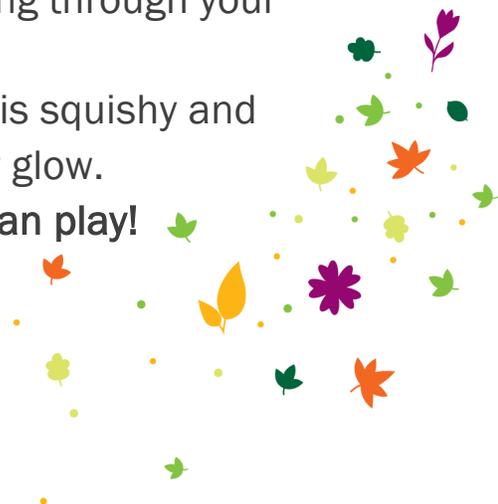
- Take your temperature across your forehead.
- Wrap a blood pressure cuff around your arm. This cuff gives your arm a tight hug and tells us how fast your blood is moving through your body.
- Place a pulse oximeter on one of your fingers. This is squishy and has a red light on the inside that makes your finger glow.

Don't worry, we'll take these off right after so you can play!



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While you are waiting in this room, the **Child Life Specialist** will come in and bring some fun stuff for you to do. The Child Life Specialist will be your friend for the day that will go to the operating room with you. She will also talk to you about what to expect while you are here.

Your **doctor** will also come visit you before your surgery. You will also meet another doctor called an **anesthesiologist**. This is the doctor that will help you go to sleep in the operating room.

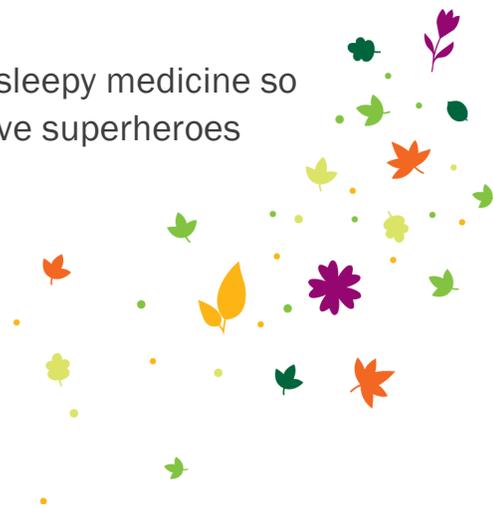


The child life specialist will also talk to you about the different ways that you may go to sleep.

A special squishy mask that we connect to our sleepy machine. This mask helps you breathe in some sleepy air. The sleepy air helps you stay asleep so you won't be awake or feel anything during your surgery. You even get to pick out a yummy smell to put inside your mask and decorate it with stickers!

OR

A special straw (called an IV) that helps give your body some sleepy medicine so you won't be awake for your surgery. Sometimes we like to give superheroes (like the Hulk) or dolls IVs too!



When it is time for your surgery, you get to take a ride on your bed that has wheels! On the way to the operating room, the Child Life Specialist may walk in front of you and do a bubble parade using one of our bubble wands. We like to bring fun toys along for the ride too! When you get to the operating room, you may notice that it feels really cold. Don't worry, there will be plenty of blankets to warm you up!



Here we are!

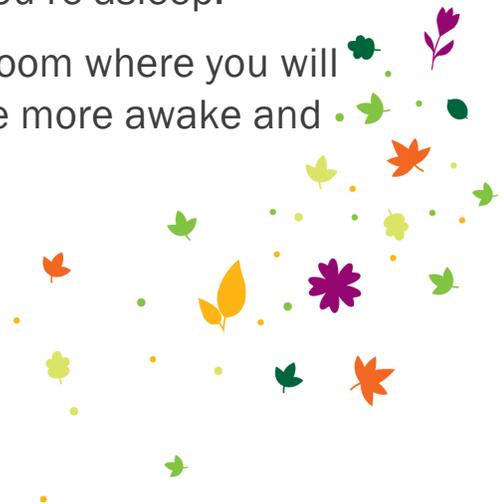
This is a picture of the operating room.

In this room you will see a few people who are there to take care of you while you're asleep. Next, we'll place 2 cold stickers on your chest and 1 on your side. We like to think that these stickers feel like a wet kiss from a puppy dog or a kitty cat! They might also put a sticker on a finger or a toe. It kind of looks like a band aid with a glowy red light on it. None of these stickers will hurt – promise! We might also give your arm a tight hug with the blood pressure cuff too.



Before you know it, the anesthesiologist will be giving you some sleepy medicine so you can stay asleep during your procedure. The doctors and nurses will be there taking special care of you while you're asleep.

When your surgery is all done, you will go to another room where you will wake up. You will stay here until you are feeling a little more awake and you are able to have something to eat and drink – like juice, popsicles, and ice cream!





This is a picture of the recovery room. You will wake up here when your surgery is done. Once you are feeling better, you are all done and it's time for you to get dressed in your clothes and go home!



For parents and caregivers:

For additional resources to best prepare a child for their procedure, please follow the QR code below or visit the Child Life Program page on the Golisano Children's @ UVM Health website. On this page you will find video and procedural education resources.



If you need additional support, resources, or have questions please contact:

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