

Parental Considerations for TEENS:

- When opening up a discussion with teens about surgery, their focus might lean more towards their independence, identity, and body image. This is normal for them to focus on how this is going to impact them socially. Encourage inclusion in decision making and conversations with the medical team to support their independence as well as demonstrating respect for their choices over their body.
- Think through modesty and privacy concerns.

Provide teens information as equal decision makers and participants, thus [once the appointment has been scheduled](#) it can be discussed with your teen.

- Help provide your teen autonomy and support in normalizing the responsibility by adding it to their calendar along with their school work and other activities.

When teens ask...

What is anesthesia?

"Anesthesia is a medicine doctors use to help your entire body go to sleep, so you don't feel anything."

How does it work?

One doctor's whole job is to be in charge of the sleeping medicine - this is the anesthesiologist

How you get the sleeping medicine? either:

- through a mask that goes over your nose and mouth,
- or through an IV - a bendy straw placed under your skin to give your body medicine. **see IV placement

The anesthesiologist gives you the right amount of medicine continuously to keep your body asleep and not feeling anything, so the other doctors can help your body. Then when the doctors are done, the anesthesiologist stops giving you the medicine and you wake up.

What do I do before?

That morning you won't be able to eat or drink anything.

- If you normally take other medicine in the morning, you can ask your doctor if you should still take the medicine with a sip of water that morning.
- The sleep medicine helps your whole body go to sleep, so your stomach goes to sleep too, having an empty stomach helps decrease the chances of you feeling sick.

"It's helpful to have a plan of what to think about as your body is getting the anesthesia."

- What do you want to think about? (favorite movie/book)
- What do you want to bring with you? (music/distraction)

What happens after I wake up?

You might feel groggy or super sleepy for a while

- "Sometimes the anesthesia can make your body feel strange after you wake up, but that can be normal and it will go away."

Mom/Dad/Caregiver will be there when you wake up and a nurse will be there to take care of you and to keep you safe.

Your job when your body wakes up is to let us know if you are feeling anything uncomfortable anywhere on your body.

- "What is something to look forward to after you wake up?"