

## Parental Considerations for TEENS:

- When opening up a discussion with teens about anesthesia, 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 surgery?

"Surgery is one way for doctors to help you feel better and get back to your daily activities and things you like to do."

Talk about options if there are actually different options

Talk about what parts of the body will be impacted.

"You will not be awake while the doctors are helping your body, you will be asleep with anesthesia, or medicine that ensures you are sleeping the entire time(\*\*see anesthesia script) during surgery"

Why do I have to have surgery?

Be honest

Make a concrete connection between the surgery and a positive impact on their quality of life

- What symptoms are they feeling?

What happens before surgery?

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.
- What do you want to think about? (favorite movie/book, favorite vacation/place, favorite song)
- What do you want to bring with you to the doctors/hospital? (favorite pillow, blanket, phone/iPad for distraction)

Allow multiple opportunities for them to ask questions prior to surgery.

What happens after Surgery?

"You might not feel like yourself, you may feel cranky or crabby."

Remind them... "mom/dad/caregiver will be right there with you, and a nurse will be there taking care of you."

"When you wake up let us know how you are feeling physically and mentally."

Support them in understanding what they may experience immediately post-operative as well as after a short time has passed.

- Will there be a bandage?
- Will there be a noticeable difference to their body?
- Will their way of everyday life change after? (medicine, a tube)