

Petite Prep Guide: Surgery

Helping you prepare and support your child.

WHAT TO SAY:

explain

What is Surgery?

You can say: “The doctors want to help your body by doing something called surgery. Surgery is when doctors help the inside of your body. Before surgery, you will get a medicine call anesthesia that will make your body go to sleep. With this sleeping medicine you will not feel, hear, or see anything during surgery.

prepare

What are the steps?

You can say:

- The surgery happens in a very clean room with a bed, some big lights, some computers, and a team of people wearing matching clothes, hats and masks to keep from sharing germs.
- You will get sleeping meds either through a mask to breathe in or through an IV (small straw connected to your hand or arm).
- Once asleep the team will help your body.
- After the surgery team is all done, the sleeping medicine doctor stops giving the sleeping medicine.
- You will wake up in different room called the “wake up room” with nurses there to help you and family with you.

WHAT TO DO:

coping plan

Together, you can make a plan for what helps your child feel calm and in control. Here are some ideas that other kids have shared:

- “It is helpful to have a plan of something you want to be thinking about, or talking about, or humming when getting the sleeping medicine.”
 - What do they want to think about, listen too, talk about, sing, while they get the sleeping medicine.

play & practice

- Play through the steps with a doll to help them understand in a familiar way.

WHAT TO ASK YOUR TEAM:

support

- Is there another room where the anesthesia will be given?
- Can a parent/caregiver remain with the child as they receive the anesthesia?
 - If parent can be present with the child while they receive ensure to have the parent be the main person the child’s line of sight,

Emotional Support

- If your child is highly anxious about the experience you can ask if there are there are medication options to support relaxation?
- Is there a child life specialist to provide preparation, support, or coping tips?