

# 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 called 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 morning of the surgery we might have to follow specific instructions like no eating breakfast.
- We will go together to where your surgery will happen.
- Before your surgery starts you might need to change into some hospital pajamas. A nurse might check your body by listening to your breathing, checking your heart with a stethoscope, taking your height and weight, and giving your arm a quick hug to check your blood pressure.
- 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 the sleeping medicine either through a mask to breathe in or through an IV (small straw connected to your hand or arm).
- Once you are asleep the surgery team will help your body.
- After the surgery team is all done, the sleeping medicine doctor will stop giving you the sleeping medicine.
- You will wake up in a different room called the “wake up room” with your family there with you and nurses there to help 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?