

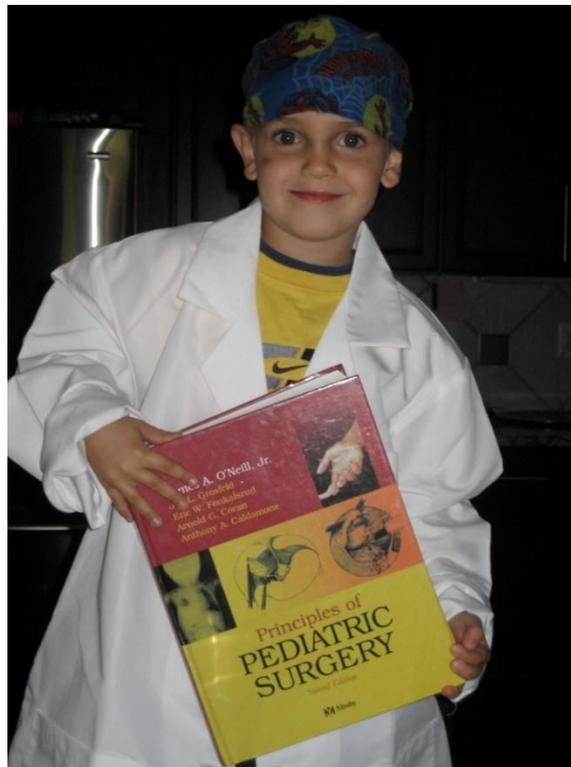
**A** **ALASKA**  
**P** **PEDIATRIC**  
**S** **SURGERY**

**4100 LAKE OTIS PARKWAY**

**SUITE 206**

**929-7337**

**A PARENT'S GUIDE TO PEDIATRIC DAY SURGERY**



**(DR. ROATEN'S SON, HOLDEN)**

## The Night Before and the Day of Surgery

To help prevent vomiting or choking on undigested food or fluid, you will be instructed not to give your child anything to eat or drink a few hours before surgery. The exact length of time will depend on your child's age and your Surgeon's instructions. If you or your child do not follow the guidelines the surgery will need to be rescheduled for safety reasons.



In general, guidelines for elective surgery are:

- \* 8 hours before surgery: No more solid food. Clear liquids only
- \* 6 hours before surgery: No more formula – Clear liquids only
- \* 4 hours before surgery: Nothing by mouth including breast milk and clear liquids.

Our office will call you the day before surgery to give you instructions specific to your child.

## **Anesthesia**

Your child's Anesthesiologist will come to the day surgery department to discuss the surgery and anesthesia. The Anesthesiologist and nurse will explain everything in terms that you and your child will understand. This visit provides an opportunity for all family members to ask questions and voice concerns.



Some children require medicine to calm them before surgery. This medication may be given by mouth, injection or rectal suppository. The Anesthesiologist will determine the type of medication and when it is administered during the pre-operative visit.

## **In the operating room**

In most cases your child will be sleeping after only a few breaths of anesthetic gas, and in our younger patients, no needle sticks will be performed until he or she is fully asleep. Throughout surgery, special pediatric specific equipment will be used to monitor your child's breathing, pulse, blood pressure, body temperature and other vital signs. During the entire procedure, the experienced Operating Room Nurses and the Anesthesiologist will monitor your child very closely and carefully.



## While your Child is in Surgery

There is a waiting room for families to pass the time while your child is in surgery. You can bring a book or tablet to read and a snack to munch on. If you head to the cafeteria please head back to the waiting room shortly so you are available for updates.



Once surgery is completed, the Pediatric Surgeon will come out and talk to you about the surgery and answer any questions you may have. Please be sure to be in the waiting area so we can find you as quickly as possible and promptly update you on your child's condition. If they cannot find you it may be a few minutes before they are able to come look for you again.

## After Surgery

After surgery your child will be taken to the Post Anesthesia Care Unit (PACU), where a PACU nurse will oversee his or her recovery from anesthesia. Special equipment monitor your child's vital signs. If necessary your child will be given intravenous fluids and pain medications.



One parent will be allowed in PACU as soon as your child is awake. It may be 20 minutes to an hour from the time the surgeon tells you how the surgery went to when they call to get you. Your child may experience some side effects from the anesthesia, such as nausea vomiting or sore throat (from the breathing tube).

Children awake from anesthesia at different rates. Some may be fully alert when they arrive to PACU, while others may be groggy for several hours after surgery. Both are normal.

## Approaching discharge



The nurses will continue to monitor your child's vital signs and recovery. If your child has no nausea, you may be allowed to start providing clear liquids and gradually progress to a regular diet as instructed by the surgery team.

Your child will be discharged once the day surgery staff and the Pediatric Surgery Team has determined that is safe to do so. Before you leave the nurse will provide you with written instructions. You may wish to fill prescriptions, if any, at this time. Be sure to review the instructions and ask any questions you may have before leaving. You could also make your follow up appointment at this time by calling our office.

## Going Home



### **Activity:**

Your child may feel a little sleepy for about 24 hours after surgery due to the anesthesia.

Please do not leave your child alone during the first 24 hours. A parent or familiar adult should be with your child during this time.

Your child should rest during the first 24 hours following surgery, although he or she may be up and about according to the doctor's instructions. Your surgeon will tell you when your child can go back to school.

### **Medications:**

Your child may experience some pain. If it is thought that it will be the case a prescription for pain medication will be given to you. Make sure to take as directed. If the pain medication is not helping, please call our office at 929-7337. For most pediatric surgeries tylenol and ibuprofen are the first line agents for pain.

### **When you should call us:**

- \*There is unexpected or an unusual amount of bleeding from the wound
- \*Your child has an oral temperature over 102° F or 38.8° C
- \*Pain is not relieved by pain medication
- \*Persistent croupy cough
- \*Nausea and vomiting that is not improving
- \*There is extreme redness or swelling around the incision.

Remember if you have any questions or concerns call our office at 929-7337 anytime.

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