

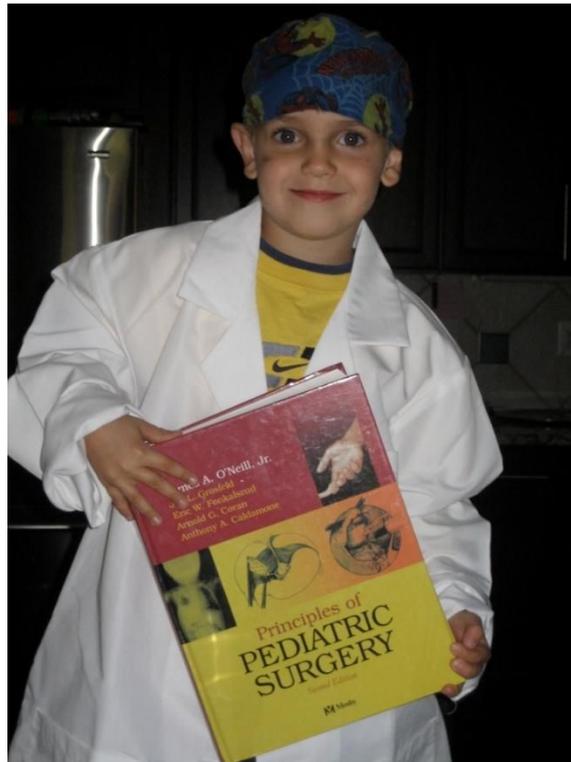
**A** **ALASKA**  
**P** **PEDIATRIC**  
**S** **SURGERY**

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**SUITE 206**

**929-7337**

**A PARENT'S GUIDE TO PEDIATRIC SURGERY  
AND YOUR PLANNED ADMISSION**



**(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 a 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.

## Admission/Spending the night in the hospital



We are likely planning on your child staying in the hospital after surgery. The length of the stay should have been discussed with you at your pre-op appointment. Your child may have tubes in their nose or bladder (or other places! depending on the surgery) following surgery. We try to prepare parents for what to expect in your pre-op appointment, but if you have any questions please ask.

After a short time in recovery, your child will be taken to the Pediatric Floor or Pediatric Intensive Care Unit (PICU).

In the Providence Children's Hospital this is on the third floor and can be reached using the 'C' or 'D' tower elevators in Providence.

If the surgery is at the Alaska Native Medical Center, the pediatric floor is on the second floor through the glass doors across from labor and delivery

If surgery is performed at Alaska Regional, the Pediatric Floor is on the third floor connected to the Mother Baby Unit. This can be reached by all elevators in the hospital.

In all hospitals, the nurses and providers are very comfortable caring for pediatric patients and their families. The Pediatric Floor in all the hospitals are a closed unit. This means you will need a badge to get in to the unit.. This will be explained to you by your child's nurse, but will be important for other family members and visitors to know.

You may sleep at your child's bedside in the hospital room. We encourage parent involvement as much as possible, after all you know your child best and they will be more comfortable with you there!

## Going Home



Eventually you will be going home from the hospital. After a major surgery this can be a little nerve wracking. We want to prepare you as much as possible for discharge and will not discharge you before you feel safe with the discharge and all of your questions have been answered.

### Activity:

Activity restrictions will vary depending on the surgery that your child had. You will have instructions of when your child can go back to school and resume sports and other activities.

### 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.

### 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.

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