The Alfred I. duPont Hospital for Children Surgery Center, Bryn Mawr

With the opening of the pediatric Surgery Center across from Bryn Mawr Hospital, pediatric surgeons, anesthesiologists and nurses from duPont Hospital for Children are available locally to meet the health care needs of families. The experienced team understands the physical, emotional and social needs of children undergoing surgery. The family-friendly facility was designed by physicians, nurses and parents. It features two operating rooms, eight dual purpose prep/recovery rooms and a comfortable family waiting area. Most often, the same nurse cares for the child both before and after surgery and parents are welcome – contributing to the child’s comfort and security.

Nemours surgeons specializing in gastroenterology, general surgery, ophthalmology, orthopedics, otolaryngology (ENT), plastic surgery, sports medicine and urology perform procedures at the Surgery Center. Most often, pre-surgical and post-surgical appointments are available in the same location, making the experience convenient for families. Dentists and oral surgeons from the community will also be performing surgery in this Surgery Center.
YOUR SURGERY CENTER TEAM

Advanced Practice Nurse: An advanced practice nurse (APN) will be speaking with you prior to your surgery to complete your child’s history and physical, including any previous anesthesia history. The APN communicates and discusses your child’s health history with the anesthesiologist in order to provide the best care possible during the surgery.

Anesthesiologist: The anesthesiologist will administer anesthesia to your child on the day of surgery in the prep/recovery suite or in the operating room. You will meet this physician in the prep/recovery suite prior to the start of the procedure. You will be given the opportunity to ask questions regarding your child’s anesthesia prior to signing the consent for anesthesia.

Clerk: The function of our clerks is to confirm your information in the computer and make changes as they arise. There may be duplication of questions as you go to different areas which is an important part of the process. At each visit, they will be asking for your ID as well as insurance information.

CRNA: A certified registered nurse anesthetist (CRNA) is a nurse who specializes in the administration of anesthesia and works alongside the anesthesiologist. He or she will be in the prep/recovery suite on the day of surgery and may introduce themselves prior to the start of the procedure.

Nurse Liaison: The liaison is a nurse who will update you on the surgical procedure while your child is in the operating room. The length of the surgery will determine the updates you may receive. They are present during and after surgery to keep you informed.

THE SURGERY CENTER: OUR COMMITMENT TO YOU

The Alfred I. duPont Hospital for Children Surgery Center, Bryn Mawr, team is committed to ensuring that your loved ones receive the safest and highest quality of care possible in a family-centered environment.

We recognize that communication is important and we know that as parents/guardians you have a very important role in your child’s care.

This Surgery Center handbook is intended to answer questions that you and your child might have before, during and after surgery.
Operating Room (OR) Nurse: This nurse will come to the bedside in the prep/recovery suite prior to the start of the procedure to review your child’s information with you. The OR nurse may ask the same questions as the prep/recovery nurse as this is a safety check in the process. This nurse will stay with your child during the procedure in the operating room.

Prep/Recovery Nurse: The prep/recovery nurse will care for your child on the day of surgery. These nurses will explain what will occur on the day of surgery and what you as a family member need to do prior to coming to the surgery center. They will verify your child’s name, date of birth, scheduled procedure for the day and confirm guardianship with you numerous times throughout the day. You will also receive a phone call the business day before your child’s procedure to review feeding instructions and your arrival time for the day of surgery.

The prep/recovery nurse will be at the bedside with your child when surgery is completed. They will be checking vital signs, managing the airway as your child wakes up and explaining to you the post-op care for discharge. This nurse will also be calling you after you are discharged home to follow up on your child’s recovery progress.

Residents: There may be surgical and/or anesthesia residents present in the operating room during the surgery. Since duPont Hospital for Children is a teaching hospital, it is likely that one or both will be present. The residents may meet you in the prep/recovery suite prior to your child going into the operating room on the day of surgery.

Surgeon: The surgeon is the physician who will be performing the procedure in the operating room. You will have met this doctor in the office appointment when the need for surgery was determined and then again in the prep/recovery suite on the day of surgery. You will be given a chance to ask questions prior to signing the consent for the procedure.
Preparation Before Your Child’s Procedure

TWO WEEKS PRIOR TO THE DAY OF THE PROCEDURE:

- Do not give any aspirin, Aleve®, or ibuprofen (Motrin®, Advil®) products two weeks prior to the day of the procedure. If your child is currently taking any of the medications listed, please discuss with your surgeon. It is OK to give acetaminophen (Tylenol®).

THE DAY AND EVENING PRIOR TO THE DAY OF THE PROCEDURE:

- It is recommended that your child not receive any vaccines the day prior to surgery.
- Please have your child bathe or shower the night before, remove all nail polish, jewelry and body piercings prior to arrival. Contact lenses and tampons should not be in place during surgery.
- If you have received instructions for pre-operative skin preparation wipes, please use them the night before the procedure and the morning of the procedure as directed by your nurse.

Bowel Prep the Day Before Your Child’s Procedure (If Necessary)

- If your child is having a colonoscopy or flexible sigmoidoscopy, the Gastroenterology Department will give you information about the bowel prep.

If you have any questions, please contact the GI Department at (215) 861-9093 (between the hours of 8 a.m. and 4:30 p.m., Monday through Friday) or (215) 955-6000 (after 4:30 p.m., Monday through Friday or on weekends) and have the Pediatric GI physician on-call paged.

The Day Before Your Child’s Procedure – The Pre-Operative Phone Call

- The business day before the procedure, you will receive a phone call from a prep/recovery nurse.
- You will receive very specific eating and drinking stop times based on your arrival time to the Surgery Center and your child’s age.
- You will also receive the time you are to arrive at the Surgery Center on the day of the surgery. We bring you in approximately 60 minutes prior to your surgical start time so we can evaluate your child’s health again.
  » You will have time to speak to the anesthesiologist assigned to your child as well as the surgeon performing the procedure.
- The nurse will review your child’s medications again, and whether they should be given the morning of the procedure.
- If you have not received a phone call by 4 p.m. the business day before, please contact us at (610) 542-3300, Option 1.
**Pediatric Surgery Feeding Instructions**

It is **VERY IMPORTANT** for your child’s safety that you follow these instructions carefully.

If these instructions are not followed **YOUR CHILD’S OPERATION MAY BE CANCELLED**.

<table>
<thead>
<tr>
<th>UNDER one year of age</th>
<th>OVER one year</th>
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<tbody>
<tr>
<td><strong>Eight (8) hours</strong> before arrival time</td>
<td>All food and milk must stop</td>
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<tr>
<td><strong>Six (6) hours</strong> before arrival time</td>
<td>All formula must stop</td>
</tr>
<tr>
<td><strong>Four (4) hours</strong> before arrival time</td>
<td>All breast milk must stop</td>
</tr>
<tr>
<td><strong>Two (2) hours</strong> before arrival time</td>
<td>Clear liquids* must stop</td>
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*Clear liquids allowed are Jell-O®, water, sugar water, apple juice, Gatorade®, Pedialyte® and white grape juice.

**DAY OF SURGERY**

**THINGS TO BRING**

- legal guardianship papers
  - If you are not the biological parent (natural mother or father) of the child, please bring court documents of your legal right to give consent for the procedure and general anesthesia.
  - If you are an adoptive parent in the process of adoption, please bring case worker’s phone numbers to all appointments.

- insurance cards and Social Security card for child
- parent’s identification, such as a driver’s license or picture ID
- child’s favorite stuffed animal or blanket to stay with the patient during the procedure
- toy or book to use during pre-operative care

You will be checked in by a clerk at our front desk upon arrival. You will also sign the consent for surgery at this time.

- Eating and drinking in the prep/recovery suite prior to surgery is prohibited since our patients are fasting, but is allowed after surgery.
- Cell phones are permitted in the prep/recovery suite.

**Visitation**

The day of surgery can be very stressful for a child. We recommend:

- visitors during the day of surgery be limited to two adults, at least one being a legal guardian
- prior child care arrangements for siblings, so you can focus completely on your child having the procedure
THE SURGERY OR PROCEDURE

THE LENGTH OF THE PROCEDURE

- Each patient is special and unique.
- The length of time your child will be in the operating/procedure room also includes preparation for the procedure, such as the placement of monitoring equipment, and the placement of an IV, if needed, as well as waking up from the general anesthesia.

PATIENT SAFETY

The surgical services team applies the most current National Patient Safety Standards to our practice. As part of this commitment, we follow the World Health Organization (WHO) guidelines for the surgical safety checks process. These guidelines offer a checklist of questions that ensures each patient will receive the highest standard of quality care every time.

The first part of the process occurs at the bedside in the prep/recovery suite, when team members pause or have a “timeout” to review the plan of care for your child. This is a regular part of our processes, which will occur again in the operating room before they start the surgery, and again before the patient is brought back to the prep/recovery suite. The pause is a safety check that verifies the patient’s:

- name
- date of birth
- weight
- allergies
- procedure
- history and physical issues
- airway management
- health status
- equipment is ready
- consents are signed

Please feel free to ask any questions you may have about this safety process.

Prep/Recovery Suite – Day of Procedure

On the day of surgery, a nurse will assess your child’s health.

Please be aware that your child may be asked to remove any undergarments or bras prior to entering the operating room (OR).

When it is time to get ready for the OR, your child may become anxious. To help make this easier, a medication will be given to help your child relax. Some other ways to help your child are:

- Reassure your child that you will be waiting for him/her when the procedure is over.
- Allow your child to cry. Our staff is experienced in comforting children during separation.

Additional instructions regarding the prep/recovery suites require that:

- One parent/legal guardian must be present at all times during surgery.
- Eating and drinking is prohibited in the prep/recovery suite since our patients are fasting, but it is allowed after surgery.

Please be patient with us. You may be asked the same questions by different people throughout your check-in process. This is part of the safety check before your child goes to surgery.
Anesthesia for Our Pediatric Patients

Pediatric patients have special needs regarding anesthesia, and our anesthesia team works to create a plan for the anesthesia tailored to each individual patient. Our highly qualified group of anesthesia providers administer general, local and regional anesthesia to babies, children and adolescents. The anesthesia team will meet with you and your child prior to surgery to discuss the specific type of anesthesia planned, to alleviate any fears, and to answer all questions related to the administration of anesthesia.

AFTER THE PROCEDURE: WHAT TO EXPECT

- Your child’s doctor will come and talk to you.
- Your anesthesia team will go back to the prep/recovery suite with your child.
- A nurse will stay with your child for the entire recovery process.
- The amount of time your child will spend in recovery varies.
- You will be reunited with your child as soon as possible.

WAKING UP FROM ANESTHESIA

- Children wake up differently from anesthesia. Children often will have a more comfortable time when they wake up on their own.
- Some children may be awake when their parents arrive at the bedside.
- Your child may have a small clear mask on his/her face administering oxygen until they are more awake.
- Nausea and vomiting may occur as a result of the anesthesia gas and your child may be given medications to help with this.
- If a breathing tube was used during the procedure, they may complain of a sore throat.
- Some children wake up shivering. Encourage deep breaths as this can help, and warm blankets can be applied.
- Some children wake up restless and irritable. They may appear as if they do not know what is going on around them. Being there to comfort and soothe can help them through this process.
- Your child may be difficult to console during the immediate post-operative period. This is not usually related to pain and is known as “emergence delirium.”
  » It is very common and can occur in children of all ages.
  » This behavior can last for a short time or up to an hour or longer. This is upsetting for parents to see. Stay calm and remain with your child, as you are a comfort to them.
  » Your nurse will be at the bedside with you for further assistance.
  » Your child may calm down once they are in a familiar setting or after a nap in the car on the way home.
COMMITMENT TO PAIN MANAGEMENT

Our staff is committed to a team approach to pain management, and to the safety and comfort of our patients. It is important to understand that each child acts differently when they wake up from surgery. They may be tired and sleepy, or they may be upset and crying. They also may be confused and irritable from the medications given in the operating room. This is normal after receiving general anesthesia. Although it varies with each patient, you should expect your child to have some degree of pain, which will be measured by an age-appropriate pain scale.

Your health care team is committed to delivering the best level of pain control that can safely be provided for all children cared for at the Surgery Center. Our goal is to make every patient as comfortable as possible. We would like you to be involved. With your help, we can develop a plan to make your child comfortable.
Nemours duPont Pediatrics, Bryn Mawr

located on the Bryn Mawr Hospital Campus in the Bryn Mawr Medical Arts Pavilion

Valet parking at entrance.
Garage parking with convenient skywalk to our suite.
Parking rates vary.

Contacting The Alfred I. duPont Hospital for Children Surgery Center, Bryn Mawr
(610) 542-3300, Option 1

The Surgery Center team is available Monday – Friday, 7 a.m. to 4 p.m., to answer general questions including information about insurance authorization and co-pays.

The Surgery Center team will contact you the day before your child’s surgery to inform you of the arrival time for surgery. If you do not hear from the Surgery Center by 4 p.m. on the business day before surgery, please call the number above.

We are committed to meeting your needs and making this a positive experience for you and your child.

Thank you,

The Alfred I. duPont Hospital for Children Surgery Center, Bryn Mawr, Team