Dear Parent/Guardian,

We will do whatever it takes to make every contact with Nemours a uniquely satisfying experience for our patients and their families. Nemours/Alfred I. duPont Hospital for Children is pleased to offer you a wide variety of diagnostic and surgical services. This *Your Child’s Surgery* handbook is intended to answer questions that you and your child might have before, during and after your child’s surgery.

You may call us prior to your child’s surgery with any questions or concerns.

Thank you,

Surgical Services Staff*

(302) 651-5060

*All surgical services are located on the second floor of duPont Hospital for Children. Please follow signs for surgical services and check in at the surgical services desk.
## Your Child’s Surgery

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We believe that every patient has a right to the best level of care. The surgical services team at Nemours/Alfred I. duPont Hospital for Children 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.
Your Surgical Services Team

**Advanced Practice Nurse:** An advanced practice nurse (APN) will be speaking with you prior to surgery to complete your child’s history and physical. This is an essential part of preparing your child for his or her surgery. The APN communicates and discusses your child’s health history with the anesthesiologist in order to provide the best care possible to the patient during the surgery.

**Aide:** An aide is someone who assists the nurses with vital signs or preparing the unit for our patients. They may walk you from one area of the unit to another.

**Anesthesiologist:** The anesthesiologist will administer anesthesia to your child on the day of surgery in the operating room. You will meet this physician in the pre-op holding area 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:** There are several clerks who you will meet during the course of your child’s surgical experience. The function of our clerks is to confirm your information in the computer and make changes as they arise. There will be duplication of questions as you go to different desks in our area which is an important part of the process. They will be asking for your ID as well as insurance information each time you are here.

**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 pre-op holding area on the day of surgery and may introduce themselves prior to the start of the procedure.

**Fellow:** This physician has completed his or her residency and is now focusing on an area of specialization and may be involved in the care of your child.

**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 about delays.

**OR Nurse:** This nurse will stay with your child during the procedure in the operating room.

**PACU Nurse:** This is the post-anesthesia care unit (PACU)nurse, or the recovery nurse, who 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. The PACU nurse will also be calling you after you are discharged home to follow up on your child’s recovery progress.

**Pre-Op Nurse:** You will meet different pre-op nurses who will care for your child at the PAT (preadmission testing visit) when applicable and also 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 hospital. 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.

**Residents:** There may be surgical and/or anesthesia residents present in the operating room during the surgery. Since Nemours/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 pre-op holding area 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 clinic appointment when the need for surgery was determined and then again in the pre-op holding area on the day of surgery. You will be given a chance to ask questions prior to signing the consent for the procedure.
Your Child Is Scheduled for Surgery. Now What?

- You will be contacted by one of our pre-op nurses to review your child’s health history and determine if a pre-admission testing visit is needed. If not, a history and physical will be done on the day of surgery.
- You may also contact us at (302) 651-5050 to schedule this appointment, if needed, as soon as you receive your child’s date for surgery.
- This appointment can take up to two hours.

Pre-Surgical Evaluation/Visit If Needed

What to Expect

- The purpose of this visit is to assess your child’s health prior to receiving general anesthesia.
  - The visit will take place one to two weeks prior to surgery.
  - Assessment will be with a nurse and nurse practitioner.
  - The need for lab-work or any X-rays will be discussed and may be obtained at this visit.
  - Unless other arrangements have been made, a parent or guardian and the child must be present at this visit.
- Due to the complexity of our patient population, you will be contacted by a nurse prior to your visit to obtain additional information that would be helpful for this visit.
- Please have any important medical history, doctors’ phone numbers and a list of medications available.
- If no separate appointment is needed, your child’s history and physical will take place on the day of surgery.
Pre-Surgical Evaluation: What Do I Need to Bring?

- Please bring your insurance card, guardianship papers as necessary, and your child’s Social Security card to the visit.

- Please bring your child’s current medications with you, so we can verify that the correct doses are documented in the computer.

- If a parent/guardian is not available for this visit, they need to be reachable by phone for consent to treat and to release health information.

Preparation Before Your Procedure

Two Weeks Prior to the Day of 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 pre-operative skin preparation wipes, please use them the night before your procedure as directed by your nurse. This will be repeated in pre-op holding the day of surgery.

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

- Some surgeries or procedures require bowel prep. Your doctor will provide you with instructions if this is applicable.
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 pre-surgical care nurse between 10 a.m. and 4 p.m. The number to speak to a nurse regarding your child’s arrival time is (302) 651-5512.
  - If you contact us and receive a recorded message, please leave your name, your child’s name and a phone number, and a nurse will call you back.
- The nurse will ask you if there are any changes in the child’s medical condition.
- You will receive very specific eating and drinking stop times based on your arrival time to the hospital.
- You will also receive the time you are to arrive at the hospital 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.
- 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 day before, please contact us at (302) 651-5060.

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.

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<th>All Ages</th>
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<tr>
<td>Eight (8) hours</td>
<td>All solid food must</td>
<td></td>
</tr>
<tr>
<td>before arrival</td>
<td>stop</td>
<td></td>
</tr>
<tr>
<td>time</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Six (6) hours</td>
<td>All formula and</td>
<td></td>
</tr>
<tr>
<td>before arrival</td>
<td>regular milk</td>
<td></td>
</tr>
<tr>
<td>time</td>
<td>must stop</td>
<td></td>
</tr>
<tr>
<td>Four (4) hours</td>
<td>All breast milk</td>
<td></td>
</tr>
<tr>
<td>before arrival</td>
<td>must stop</td>
<td></td>
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<tr>
<td>time</td>
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<td></td>
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<tr>
<td>Two (2) hours</td>
<td>Clear liquids*</td>
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<tr>
<td>before arrival</td>
<td>must stop</td>
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<tr>
<td>time</td>
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*Clear liquids allowed are Jell-O®, water, sugar water, apple juice, Gatorade®, Pedialyte®, carbonated beverages and white grape juice.
Day of Surgery

Things to Bring

- Please bring your 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.

- Please bring your insurance cards and Social Security card for your child.
- Also bring your identification, such as a driver’s license or picture ID.
- Have your child bring his or her favorite stuffed animal or blanket for company and comfort during the procedure.

You will be checked-in by an admission representative at our front desk upon arrival. You will also sign the consent for admission at this time.

- No food or drink is allowed in the pre-operative waiting room or holding area. Cell phones are not permitted in the holding area.
Visitation

- The day of surgery can be very stressful for a child.

- We ask that the number of visitors during the day of surgery please be limited to two adults, at least one being a legal guardian, in the surgical area.

- We recommend you make prior child care arrangements for siblings, so focus can be on your child having the procedure. Visitation by children under 16 is restricted in both post-operative holding and the PACU areas. It may also be limited based on the flu season.

Pre-Operative Holding Area – 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.

- Reassure your child that you will be waiting when the procedure is over.

- Allow your child to cry. Our staff is experienced in comforting children during separation.

- One parent/legal guardian must be present at all times in the designated waiting area at all times during surgery.

- Eating and drinking is prohibited in the pre-operative waiting room since our patients are fasting, but it is allowed in the recovery waiting room.

- Vending machines are located near the recovery waiting room, and the cafeteria is located on the first floor.

- 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.
The Surgery or Procedure

How Long Will It Take?

- 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.

You will be asked a list of questions related to your child and their health. This information is relayed to and rechecked by team members throughout the procedure. This is a regular part of our process, which will occur again in the operating room before they start the surgery, and again before the patient is brought to the recovery area. This is a safety check that verifies the patient’s:

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

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

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 trained 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 to the Post Anesthesia Care Unit [PACU] with your child.
- A nurse will stay with your child for the entire recovery process.
- The amount of time your child will spend in PACU 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 on a small clear mask 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.
- Please call the PACU at (302) 651-5370 with any questions or concerns after your discharge.

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 duPont Hospital for Children. Our goal is to make every patient as comfortable as possible. We would like you to be involved. With your help, together we can develop a plan to make your child comfortable.
Iron-Rich Foods

- Seafood: cod, sardines, tuna, clams, oysters, shrimp
- Poultry: chicken, eggs, yolk
- Meats: beef, lamb, veal, pork, liver
- Nuts and Beans: soybeans, lentils, green beans, peas, kidney beans, navy beans, pinto beans, black beans, hazelnuts, almonds, peanuts
- Vegetables: broccoli, chard, spinach, greens, asparagus, turnips, parsley, kale, watercress, Brussels sprouts
- Fruits: dates, prunes, figs, apricots, apples, raisins, coconut
- Bread: enriched, fortified and whole-grain breads
- Grains: wild rice, corn meal, oats, soybean, wheat, bran, rye, buckwheat, popcorn, barley, wheat germ, millet
- Cereals: Farina, Cream of Wheat, Shredded Wheat, Cheerios, Rice Krispies, Grapenuts

Please note that milk and dairy products are poor sources of iron and hinder the absorption of iron. Tea (iced or hot) also hinders the absorption of iron. Do not use these foods one hour before or one hour after the ingestion of iron-rich foods or iron supplements.

Foods high in vitamin C help to absorb the iron from foods. Foods that can help enhance absorption include: tomatoes, oranges, cabbage, lemons, green peppers, limes, grapefruit, tangerines, cantaloupe, broccoli, tangelos and strawberries.

We hope that we have provided you with enough information to make this a positive experience for you and your family. It is our mission to do whatever it takes to make every contact with Nemours a uniquely satisfying experience for our patients and their families.

Thank you,
Nemours/Alfred I. duPont Hospital for Children
Surgical Services Staff