

This guide contains important information you need to know before your child's surgery.

SURGERY DATE & TIME

Patient Name _____ Doctor _____

Surgery Date _____ Specialty _____

Arrival Time (to begin the pre-op process) _____

You will be contacted the day before surgery between 9 am and 3 pm to confirm arrival time.

TEXAS CHILDREN'S SURGERY LOCATIONS

Maps and directions are available online at www.texaschildrens.org/maps-and-directions.

In the Texas Medical Center

Please allow Valet Services to park your car. Valet parking will be validated for one vehicle only the day of surgery.

 **Wallace Tower** Level 7
6701 Fannin St., Houston 77030

 **Legacy Tower** Level 8
6651 Main St., Houston 77030

 **West Tower** Level 3
6621 Fannin St., Houston 77030


 **West Tower** Level 17
6621 Fannin St., Houston 77030

 **Pavilion for Women** Level 5
6651 Main St., Houston 77030



Texas Children's Community Hospitals

Please park your car in the parking lots and garages at West Campus and The Woodlands at no charge.

 **West Campus Hospital** Level 3
18200 Katy Freeway (I-10 & Barker
Cypress), Houston 77094

 **The Woodlands Hospital** Level 3
17600 Interstate 45 South,
The Woodlands 77384

Once you are inside the hospital, follow the directional signs to the Surgery Reception location marked above. For more information, welcome desks are located on the first floor of each building. Representatives can direct you to the correct Surgery Reception location.

Please bring this guide with you on the day of surgery.

PRE-SURGERY EATING & DRINKING INSTRUCTIONS

Your child will most likely receive general anesthesia during surgery. Anesthesia is a medicine given by a doctor so your child feels no pain or sensation during surgery.

Before receiving anesthesia your child must have an empty stomach. Having food or liquids in your child's stomach can cause choking or vomiting during the surgical procedure.

Make sure that your child is not sneaking snacks after the food and drink cutoff time. If your child does not follow these rules and does not have an empty stomach, the procedure may be cancelled for safety reasons.

If you are unsure of which eating & drinking instructions to follow, use the standard instructions below.



Follow the standard instructions.

No solid foods, gum, or hard candy after midnight the night before surgery.

- Your child can have milk and formula until 6 hours before arrival time.
- Your child can have breast milk until 4 hours before arrival time.
- Your child can have clear liquids (*water, Pedialyte, Sprite or 7-Up, apple juice*) until 2 hours before arrival time.
- Continue taking all prescribed medications prior to surgery unless otherwise instructed.



Follow the specific instructions given by your surgeon's office.

STOP Solid Foods @ _____

STOP Breast Milk @ _____

STOP Milk/Formula @ _____

STOP Clear Liquids @ _____

(No water, Pedialyte, Sprite or 7-Up, apple juice)

If all surgery instructions are not followed, your child's surgery may be cancelled.

BEFORE YOUR CHILD'S SURGERY

ONLINE INFORMATION

Visit [texaschildrens.org/preparingforsurgery](https://www.texaschildrens.org/preparingforsurgery) to find detailed information on the surgery experience at Texas Children's Hospital.

For Parents

- Maps and parking information
- A video on preparing for your child's surgery
- A description of the surgery experience
- Information on anesthesia for children

For Children

- A surgery photo tour
- "I'm having surgery today!" – A printable worksheet to guide children through the surgery experience

ITEMS TO BRING FOR SURGERY

- Your child's insurance card, your ID and any payments, if needed, to the hospital
- A favorite toy or blanket to help your child relax. Put a pillow and blanket in the car for the ride home
- A special bottle if your child uses one
- A list of all medications your child takes, including over-the-counter medications and herbal supplements

ON THE DAY OF SURGERY

CHECK IN AT SURGERY RECEPTION

After arriving at the hospital, check in at the correct Surgery Reception location. You may be asked to review administrative and financial details before beginning the surgery process.

CHILD LIFE RESOURCES

Texas Children's child life specialists are trained to assist each child with the hospital experience based on the child's emotional and developmental needs. They are available to talk with your child about what to expect during the surgery process. Child life specialists are also available to help ease the fear and anxiety often associated with hospitals by promoting positive coping techniques. Ask a staff member to speak with a child life specialist on the day of your child's surgery.

PREPARING FOR SURGERY

Soon, you and your child will be taken to the Pre-Op Area. In this part of the operating room suite, many people will talk to you and your child. Nurses will confirm your child's name and ask about the type of surgery your child is having. They will ask questions about when your child last ate food or drank liquids. They will also ask about any allergies your child may have.

More than one person will ask these questions. This is to double- and triple-check facts making sure your child's surgery is as safe as possible. The staff will also confirm that you have signed consent forms for surgery.

You and your child will meet with an anesthesiologist before surgery to discuss what type of anesthesia will be used and how it will be given. The pediatric anesthesiologists and all members of the anesthesia team at Texas Children's are specially trained to provide expert care to children of all ages. They will also address any questions that you have concerning potential side effects and your child's experience during and after surgery.

Next, the surgeon will visit your child and, if necessary, mark the part of the body that is to be operated on.

Once the pre-surgical checks have taken place, your child will be taken to the operating room by nurses and operating room staff. They will direct you to the waiting area for families.

DURING YOUR CHILD'S SURGERY

In the operating room, the surgeon, anesthesiologist and operating room staff work together to ensure the best care for your child. The anesthesiologist will provide medications to ensure your child's comfort and safety. Our anesthesia care teams monitor your child's vital signs beat by beat, watching for changes in heart rate, breathing and blood pressure, and making adjustments in the anesthesia to keep your child comfortable while the surgery is completed.

It is important to let someone know where you will be during your child's surgery if you leave the waiting area. The surgeon and nursing staff need to be able to reach you for updates during and after surgery.



If all surgery instructions are not followed, your child's surgery may be cancelled.

TIPS TO REMEMBER

- Bathe your child the night before or morning of surgery. Bathing is the best line of defense against infection
- Dress your child in comfortable clothes that are easy to remove
- Plan to be at the hospital for the entire day
- Only two adults and the child having surgery are allowed in the Pre-Op Area and Post-Anesthesia Care Unit (PACU/Recovery) areas. Other children are not allowed in the Pre-Op and PACU Areas
- Remove your child's jewelry or contact lenses
- Leave any valuables at home

ANESTHESIA & YOUR CHILD

Being anxious about a surgery or medical procedure is normal, especially when it involves your child. Rest assured that it is the top priority of your child's physician anesthesiologist and care team to ensure the safety and comfort of your child before, during and after their procedure. Understanding the anesthesia process and what to expect can help to calm your fears, so you can reduce your child's anxiety and help speed recovery.

Below you will find answers to common questions families ask when a child goes under anesthesia.



Who will provide anesthesia to your child?

A doctor called an anesthesiologist manages the care and treatment in providing pain relief before, during and after procedures or surgery. The pediatric anesthesiologists and all members of the anesthesia team at Texas Children's are specially trained to provide expert care to children of all ages.

Our anesthesiologists are board-certified and have completed subspecialty training in pediatric anesthesiology, and many hold additional board certifications in pediatrics. Anesthesia for congenital heart surgery is provided by a team with subspecialty training in pediatric cardiac anesthesiology. Anesthesiologists are available 24 hours a day, 7 days a week to care for patients at Texas Children's.

What is the role of the anesthesiologist in the care of your child?

Members of our anesthesia care team are giving medications and monitoring vital signs at your child's bedside throughout the procedure.

What type of treatments does our Anesthesiology Department provide?

Texas Children's anesthesiologists generally provide the following services:

- Anesthesia and sedation for all types of pediatric surgery cases and procedures such as MRI, CT scan and GI endoscopy
- Evaluation of anesthesia needs for children with complex medical problems when surgery is needed
- Pain control with intravenous (IV) medications or other anesthetic techniques

What are the risks of anesthesia?

"Will going under anesthesia hurt my child?" Every anesthesiologist and surgeon has been asked this question. Even though anesthesia is much safer today than ever before, every anesthesia exposure and surgery has an element of risk. In fact, it may be difficult to separate the risks of anesthesia from the risks of the surgery or medical procedure itself. Anesthesia is used to take away pain and discomfort from your child and make it easier for a procedure to be accomplished in the best way possible. These benefits must be weighed against the risks of anesthesia itself.

Each type of anesthetic has a specific set of risks and side effects associated with it. Your physician anesthesiologist will talk to you about the various types of anesthesia that may be used for your child and the advantages and disadvantages of each.

Safety announcement from the U.S. FDA

The U.S. Food and Drug Administration (FDA) issued a safety announcement on Dec. 14, 2016, regarding the potential effect of anesthetics on children younger than 3 years of age.

- A single, short exposure to anesthesia appears to be safe
- There is some evidence that longer (>3 hours) or repeated exposures could have negative effects on behavior or learning
- Much more research is needed

Because anesthesia or sedation is necessary during most procedures to keep your child safe and comfortable, discuss the following items with your doctor before your procedure.

- Should the procedure be done now or when the child is older?
- How long is the procedure expected to take?
- Will repeated or additional procedures be needed?

Information on Anesthesia for Children

Texas Children's Hospital
Department of Anesthesiology
texaschildrens.org/anesthesiology
832-824-5800

SmartTots
www.smarttots.org

Society for Pediatric Anesthesia
www.pedsanesthesia.org

FDA Statement on Pediatric Anesthesia
www.fda.gov/Drugs/DrugSafety/ucm532356.htm



AFTER SURGERY

After surgery, your child will be taken to the PACU area. Soon after, your surgeon will come out to discuss the surgery with you. Once your child has awoken from anesthesia, you will be brought to the PACU area.

Your child's care team, including an anesthesiologist, will closely monitor your child as they emerge from anesthesia. Some children are fully alert while others are groggy for several hours. In addition, nausea and vomiting can occur as a side effect of the anesthesia. Your anesthesiologist and the PACU team work together to reduce any side effects and implement a pain control plan to make your child's recovery as comfortable as possible.



If your child is going home on the same day as the surgery, we will give you instructions for your child's care at home. If your child is being admitted to the hospital after surgery, you will be transferred as soon as the appropriate room or unit is available.

NOTES, QUESTIONS OR REMINDERS

IMPORTANT PHONE NUMBERS

MEDICAL CONCERNS

If you have questions about your child's surgery or instructions, call your surgeon's office.

INSURANCE COVERAGE, PAYMENT & BILLING INFORMATION

Before surgery: Pre-Service Department
Texas Medical Center & The Woodlands 832-824-2004
West Campus 832-227-2120

After surgery: Customer Service
All locations 832-824-2300