



Texas Children's Heart Center

# Inpatient Welcome Packet



Texas Children's  
Hospital®

# Caught You Caring

at Texas Children's



Did someone go the extra mile to provide  
a great experience today? **Let us know!**

At Texas Children's Hospital, physicians and staff are encouraged to go above and beyond to create an exceptional experience for our patients, families and colleagues.

Scan the QR code to acknowledge anyone who helped make your experience better, and we'll recognize them for their efforts.



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Visit us at [texaschildrens.org/heart](https://texaschildrens.org/heart)  
for more information

# Welcome to Texas Children's Heart Center

We would like to extend a warm welcome to you on behalf of Texas Children's Heart Center. We understand that having your child in an inpatient unit can be a difficult and stressful experience, and we are committed to providing you with the highest level of care and support during your stay with us.

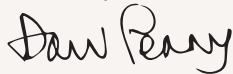
Our team of healthcare professionals is dedicated to ensuring that your child receives the best possible treatment for their medical condition. We will work with you to create a personalized treatment plan that considers their individual needs and will engage you in every step of their care. Our facility is equipped with state-of-the-art technology to help deliver the highest quality, safe care to our patients. We recognize that family support is key to your child's recovery, and our inpatient rooms include comfortable space for families to be with patients throughout their hospital stay.

Please don't hesitate to reach out to any member of our staff if you have any questions or concerns. Our team is always available to give you the information and guidance you need to feel comfortable and confident during your stay.

In the following pages we offer information about our specific inpatient units, what to expect if your child is having a procedure with us during this stay, and additional resources available in and around our facilities.

Thank you for choosing Texas Children's Hospital for your child's healthcare needs. We are honored to have the opportunity to care for your family and look forward to working with you to provide a healthy lifestyle for your child.

Sincerely,



Daniel Penny, MD, PhD, Executive Co-Director



Caner Salih, MD, FRCS (CTh), Executive Co-Director





## Caring is our Passion

### Texas Children's Hospital Heart Center Promises:

- We will create a safe environment
- We will partner with patients and families, and place them at the center of all care
- We will be compassionate in all interactions
- We will communicate clearly and transparently

### Safety is our priority

We are committed to maintaining the highest quality care for our patients in an environment that is safe for everyone. Disrupting the safety, privacy, or well-being of anyone is unacceptable. We acknowledge that this responsibility is shared and are dedicated to upholding it.

This includes:

- Physical confrontation
- Threatening speech
- Inappropriate language and gesture
- Unwanted filming / photography
- Ignoring team member instruction

If you encounter inappropriate or aggressive behavior of any kind please call **832-824-5400**

Thank you for making **Texas Children's Heart Center** a safe space for all

# Welcome Information

## Maps



Additional maps can be accessed at [texaschildrens.org/maps-and-directions](https://www.texaschildrens.org/maps-and-directions)

## Parking

Information concerning nearby parking garages and rates are available online at [texaschildrens.org/maps-and-directions/parking](https://www.texaschildrens.org/maps-and-directions/parking).

## Directory of Heart Center Floors

To access the Heart Center, when you arrive, take the Legacy Tower elevators designated for **Levels 14-24**. All Legacy Tower beds follow the same annotation: LT, then Floor, then room number.

- Cardiac Intensive Care Unit (CICU) (**Level 16-18**)
- Cardiac Operating Rooms (**CVOR**) and Catheterization Lab Family Waiting Area (**Level 20**)
- Heart Center Clinic and Diagnostics (Stress Lab, Exercise Lab, ECHO, and EKG) (**Level 21**)
- Cardiac Progressive Care Unit (CPCU) (**Level 22-23**)
- Patient Gym (**Level 23**)
- Adult Congenital Heart Program (**Level 24**)

## Heart Center Phone Numbers

### *How to reach your child's nurse*

Caregivers will need to have their child's passcode to receive medical updates. Information will only be provided to the legal guardian(s).

Cardiac Progressive Care Unit (CPCU)	<ul style="list-style-type: none"><li>• 22nd floor: 832-826-4422</li><li>• 23rd floor: 832-826-4423</li></ul>
Cardiac Intensive Care Unit (CICU)	<ul style="list-style-type: none"><li>• 16th floor: 832-826-4416</li><li>• 17th floor: 832-826-4417</li><li>• 18th floor: 832-826-4418</li></ul>
Cardiology Clinic	832-824-3278
Congenital Heart Surgery Clinic	832-826-2030
Adult Congenital Heart Clinic	832-822-2243
Cardiac Catheterization Office	832-826-5907
Cardiac Anesthesia	832-826-5832
Social Work for advance directives/power of attorney (18 years and older)	832-822-3498
Chaplain	832-828-9950
Family Advocacy Department For questions, concerns, compliments, or suggestions regarding your hospital experience	832-824-1919
Financial Counselors/ Patient Services Specialists	832-824-5505

## Inpatient Care Teams

*Your child's care team will consist of some of the providers and support staff listed below. Each child's care team is tailored to their individual needs.*

- Attending physicians
- Registered Nurses [wearing royal blue scrubs]
- Advanced Practice Providers (APP):  
Nurse Practitioners (NP) and  
Physician Assistants (PA)
- Physician trainees: Fellows and residents
- Patient Care Assistants (PCA)
- Physical Therapists (PT) and Occupational  
Therapists (OT) [wearing green scrubs]
- Speech Therapists (SLP) [wearing maroon scrubs]
- Respiratory Therapists (RT) [wearing teal scrubs]
- Pharmacists [wearing navy blue scrubs]
- Lactation consultants [wearing pink scrubs]
- Social Workers
- Care Coordination nurses
- Interpreters
- Chaplains
- Child Life Therapists
- Music/Pet Therapists

Please let your child's nurse know if you would like to get in touch with the care manager, translation services, or a lactation consultant.

# Additional Information and Resources

## Heart Center Family Areas

- Family lounges are located on each inpatient floor outside the clinical area. These family areas each contain a kitchen with refrigerators and microwaves, a seating area, and a lounge area with couches. Families have access to these areas 24/7. Please limit the number of visitors in the Family Lounge to no more than four (4) people per bed space (including parents/primary caregivers) at one time. Please label food with a date in refrigerator; unlabeled food is discarded every 24 hours. No children under the age of 3 years are permitted in the CICU family lounge for safety reasons.
- Laundry rooms can be accessed on the 16th, 17th and 23rd floors
- Lactation rooms can be accessed on the 17th and 22nd floors

## Visiting your family member

We welcome you or your loved ones to have visitors.

- For the most up to date information regarding visitation policies please visit “<https://www.texaschildrens.org/patients-families/visitor-information>” or speak with your child’s nursing team.
- We understand siblings may also want to spend time with their brother or sister to provide love and support. Siblings aged 3-12 will meet with a Child Life Specialist prior to entering the intensive care unit. For everyone’s safety, children should be with an adult while in the hospital
- Visitors will present a valid ID for entry into the unit.
- Photography and videography recording are not allowed without approval from each person involved.

## Sending Gifts and Greetings

- If you wish to send greetings to someone in the hospital please visit: <https://www.texaschildrens.org/patients-families/visitor-information/send-patient-greeting> or send them to the following address and our volunteers will deliver them:
  - Volunteer Services  
6621 Fannin Street, Suite A.125  
Houston, TX. 77030

- Need to send get well wishes, welcome a new baby or express thanks to a caregiver? Send or bring a gift from our online or onsite gift shops
  - <https://www.texaschildrens.org/patients-families/visitor-information/gift-shops>

## Dining and Food

- Legacy Tower, 3rd Floor: Fresh Bistro Café (Cafeteria), Coffee Corner, vending machines
- Mark Wallace Tower, 3rd Floor Food Court: Chick-fil-A Express, Subway, Market Coffee Shop
- Nearby restaurants (approximately 0.2 mile walk from Legacy Tower): The Poke Bowl, Piada, Salata, MOD Pizza, Chipotle, Citadel BBQ, The Halal guys, Starbucks
- Food delivery apps (DoorDash, UberEats, Grubhub, etc.) can be delivered to 6651 Main St, Houston, TX 77030. You can meet the delivery driver outside Legacy Tower to pick up food.
- Nearby grocery stores: Kroger, H-E-B, Randalls, Fiesta, Whole Foods Market, Sprouts Farmers Market
- Guest Services can be contacted at 832-826-7827 for additional recommendations and information.

## Lodging

- Sleeping areas for families are located in each inpatient room with a pullout couch for family members and a private bathroom. After 8 pm, the family area in the room is limited to 2 adults (no children).
- A list of nearby hotels can be found at [texaschildrens.org/patients-and-visitors/barbara-adams-family-resource-center/places-stay](https://www.texaschildrens.org/patients-and-visitors/barbara-adams-family-resource-center/places-stay).
- Social Workers can be contacted through your bedside nurse, or prior to admission through your preoperative visit.



Texas Children’s  
Heart Center Environment  
of Care Guidelines

We are committed to providing your child with the best care possible. In order to do so, we want to collaborate with you! Our Environment of Care Guidelines provide a framework to minimize your child’s risk of infection and provide a safe, restorative environment during your child’s hospitalization.

Hand hygiene is a proven tactic in preventing infections. In order to be effective, everyone must be diligent in washing their hands. This includes doctors, nurses, other healthcare workers, and caregivers. Everyone must clean their hands with soap and water or use hand sanitizer prior to entering and upon exiting a patient’s room.



The Circle of Care refers to the brown area on the floor of each patient’s room. This is the area we use to care for your child. Please help us keep this area free of clutter to ensure safe care delivery. This also includes care spaces like procedure tables and bedside carts.

Healthcare Team Responsibility	Caregiver Responsibility
<ul style="list-style-type: none"><li>• Ensure room cleaned daily and as needed by Environmental Services</li><li>• Disinfect high touch surfaces each shift and as needed with purple saniwipes</li><li>• Wear proper isolation equipment based on patient’s needs</li><li>• Perform linen changes every day</li><li>• Provide bed and room changes every 30 days</li><li>• Encourage proper sleep/wake cycles with lights on during the day as able</li><li>• Keep the Circle of Care free from clutter such as unnecessary equipment and supplies</li></ul>	<ul style="list-style-type: none"><li>• Respect Circle of Care while team providing patient care</li><li>• Wash patient supplied linens every 24 hours</li><li>• Provide only washable stuffed animals and wipeable toys</li><li>• Limit balloons to five (5), Mylar only</li><li>• Refrain from bringing flowers, plants, and non-washable items</li><li>• Limit pictures and decorations to caregiver area</li><li>• Encourage proper sleep/wake cycles with lights on during the day as able</li><li>• Limit perishable food at bedside</li><li>• Fit belongings within cabinet space</li></ul>

## Nutrition in the Heart Center

Breakfast, lunch and dinner are provided to children in the hospital 7 days per week via the “My Menu” program. Your child’s nurse can provide you with a menu. Call “MyDining” at 63400 from inside the hospital or by calling **832-826-3400** from a mobile phone to place an order. Your child’s diet may be adjusted based on their medical needs. Guest meals are also available to purchase when placing a dining order.

## Lactation Program

The Texas Children’s Lactation Program provides breastfeeding support and education to mothers in a variety of settings: inpatient at Texas Children’s Hospital available 24/7 during yours or your loved one’s hospital stay, outpatient consultation, and follow-up or phone and email consultations. They can also store breast milk in Mother’s Own Milk Bank, a state-of-the-art center that stores and prepares mothers’ milk for hospitalized infants at TCH. This program will provide you with bottles and labels to identify and store your milk in secure refrigerators and freezers. Food trays will be provided by Texas Children’s Hospital to moms who are providing breastmilk for their children. The Heart Center has breast pumps available for use at your baby’s bedside. Let your child’s nurse know if you are interested in scheduling a one-on-one visit with a lactation consultant during your stay. To schedule an outpatient appointment after your baby leaves the hospital, call the Baby Bistro Clinic at **832-826-8881**.





## Inpatient Cardiac Neurodevelopmental Care

Our multidisciplinary care team partners with caregivers to promote infant-parent bonding by encouraging caregivers to hold their baby, perform skin-to-skin care, participate in feeding, bathing, and interact with their child through reading and other age appropriate developmental care activities, as well as support parental mental health. Additionally, the inpatient neurodevelopmental care team holds weekly multidisciplinary rounds in the CICU and CPCU to focus on a child's developmental growth and milestones.

## Books @ Heart

Books @ Heart is an early childhood reading and development program at Texas Children's Hospital. The program will provide you and your baby a book and reading calendar at admission and again every two to three months until your baby reaches 12 months old. A speech/language pathologist can consult with you regarding language and cognitive development. Let your child's nurse know you would like to be part of this program.

Additional information and resources can be found in the red "Texas Children's Hospital: Your Guide" folder or online at [texaschildrens.org/your-tch-guide](https://texaschildrens.org/your-tch-guide).



# Cardiac Intensive Care Unit (CICU)

**Legacy Tower 16th Floor:**  
Heart Failure Intensive Care Unit

**Legacy Tower 17th Floor:**  
General Cardiac Intensive Care Unit

**Legacy Tower 18th Floor:**  
Neonatal Cardiac Intensive Care Unit

**ICU Patients**

- Nurses will be doing frequent assessments of your child during their stay
- Continuous monitoring of heart rate, respiratory rate, and oxygen saturation on bedside monitors
- Nurses typically have 1-2 patients

## Daily Schedule

*May vary based on patient's needs and medical team's orders.*

2 AM - 4 AM	Obtain labs, X-Ray, and prepare for the day
6:45 AM - 7:15 AM	Shift Change/ Nursing Report
8 AM	Lights On/Curtain/Windows Open with Nurse  Assessments, Interventions, Cares, Breakfast
8:45 AM - 11:30 AM	CICU Team Rounds*
6:45 PM - 7:15 PM	Shift Change/ Nursing Report
9:30 PM - 11:30 PM	CICU Night Rounds Bath, lights out before 10:00 PM  Assessments, Interventions, Cares, Feeds as ordered/scheduled (intermittent lights on)



## Additional Information

The ICU team works closely with the Cardiology, Congenital Heart Surgery, and Cardiac Catheterization Teams to coordinate your child’s care.

\*CICU Team Rounds: Patients and families are encouraged to be present during medical rounds. These rounds include an introduction from your child’s bedside nurse, followed by the medical team reviewing your child’s vital signs, lab values, and other data, and then the development of a plan for the day. The team welcomes your input and uses this time to address any questions and concerns.

Your child may have a central line during their stay. While central lines are essential to the care provided in the Cardiac ICU, every central line carries the risk of infection. Our pledge is to implement all practices possible to prevent your child from developing an infection related to their central line. See the table below for how we partner with you to keep your child and their central line free from infection!

Staying with a child in the ICU can be emotionally trying for the child and for the adult. We have services available for support such as Chaplains, Social Workers, and Child Life Specialists. Please ask your nurse for more information if you are interested in these services.

## Transferring to CPCU

The decision about when a child is ready to leave the CICU and transition to the Cardiology inpatient floor (CPCU) is dependent on each child’s medical condition and current health status. There are many medical teams involved in this discussion. When all are in agreement that your child is ready to leave the CICU, both the CICU and Cardiology teams will meet at your child’s bedside to perform a “signout” and pass along your child’s medical history, current active issues, and things to focus on before leaving the hospital. When a bed becomes available in the CPCU, your child and their belongings will be transferred from the CICU to the CPCU by their bedside nurse.

If your child is followed by the Congenital Heart Surgery, Cardiac Catheterization, or other specialty teams, these teams will continue to follow along during your child’s care in the CPCU.

Healthcare Team Responsibility	Caregiver Responsibility
<ul style="list-style-type: none"><li>Follow strict handwashing practices</li><li>Dressing change every 7 days or as needed when soiled</li><li>Tubing change every 4 days</li><li>Scrub the hub prior to every line</li><li>Monitor for signs and symptoms of infection</li><li>Provide a bath and CHG treatment daily</li><li>Advocate for line removal as soon as appropriate</li><li>A central line dressing should be clean, dry, and intact edges are not peeling/remain attached to the skin.</li></ul>	<ul style="list-style-type: none"><li>Follow strict handwashing practices</li><li>Assist with daily bath and CHG treatment as appropriate</li><li>Advocate for ALL providers to wash their hands</li><li>Alert a staff member when the dressing is no longer clean, dry, or intact</li><li>Ask questions to educate yourself about your child’s central line</li><li>Follow the Environment of Care Guidelines</li></ul>



# Cardiac Progressive Care Unit (CPCU)

## Legacy Tower 22nd and 23rd floors

Our nurses are trained in taking care of patients with a variety of cardiac diagnoses including: patients with complex congenital heart defects, patients who have had cardiac surgery, patients who have had a cardiac catheterization, patients with cardiac arrhythmias, and patients in acute and chronic heart failure.

Acute Care Patients	Step Down Patients
<ul style="list-style-type: none"><li>• Vital signs are obtained about every 4 hours (8, 12, 4 AM/PM)</li><li>• May or may not have heart rate and/or oxygen saturation monitor based on condition and doctor’s orders</li><li>• Nurses typically have 3-4 patients</li></ul>	<ul style="list-style-type: none"><li>• Vital signs are obtained every 3 hours (9, 12, 3, and 6 AM/PM)</li><li>• Continuous monitoring of heart rate, respiratory rate, and oxygen saturation on bedside monitors</li><li>• Nurses typically have 2-3 patients</li></ul>

### Daily Schedule

*May vary based on patient’s needs and medical team’s orders.*

4 AM - 8 AM	Daily chest x-rays and labs performed before rounds
6:45 AM	Shift Change/Nursing Report
9:30 AM - Noon	Medical Rounds
6:45 PM	Shift Change/Nursing Report
10 PM	Night Rounds

*\*Patients and families are encouraged to be present during medical rounds.*

### Daily Cares

**We encourage you to actively participate in the care of your child, in preparation for discharge.** We are happy to provide education on performing activities of daily care. Please let your nurse or PCA know if you would like additional support.

- Linens are refreshed daily and changed when soiled
- Oral care is performed twice a day
- Patients with a central line have strict hygiene protocols. Daily linen changes, baths and CHG wipes are needed. Please help us in keeping the room free of clutter.
- All staff members should perform hand hygiene prior to providing care

We ask that you or another caregiver try to be at the bedside as much as possible, but we understand this may not always be possible. Please let your nurse know before leaving the bedside as far in advance as possible.

## Discharge Preparation

Your child will be discharged from the Cardiac Patient Care Unit and we will help prepare you to care for them at home.

## Education

- After completion of required education, a period of rooming-in for 24-48 hours may be required prior to discharge. “Rooming-In” is an opportunity for parents or other adult caregivers to provide total care of their child prior to discharge within the hospital room in CPCU.
- If required, you will be provided education on how to care for your child prior to going home.

## Supplies

A CPCU care coordinator will be in contact with you to arrange plans, if home care equipment/supplies are needed for your child to go home with.

## Transportation

Please discuss transportation plans with your bedside RN several days before your child is discharged home. If you are in need of transportation to discharge home, please ask your bedside nurse to request a social work consultation or visit.

## Rapid Response Team

Texas Children’s Hospital offers the Rapid Response Team (RRT) as one part of our commitment to patient health and safety. The RRT offers an additional layer of safety for our patients and can help address a family’s medical concerns. If you have concerns about the patient:

- Express your concerns to the patient’s care team
- You can initiate the RRT for ongoing concerns and/or if the patient’s condition worsens
- To initiate an RRT: call 832-822-SAFE (7233) or ext. 2-SAFE (7233) from a hospital phone
- **Dial 2-SAFE (27233) to activate the Rapid Response Team**



# Congenital Heart Surgery (CHS)

Please refer to instructions at your pre-operative visit for you or your child's specific surgery details.

If you have further questions, please call

- **832-826-2030** for CHS Clinic for business hours
- For after office hours, please call **832-824-2099** and ask the operator to page CHS on-call APP.

## Arrival

- Check in at Legacy Tower 20th Floor. Surgery and anesthesia teams will evaluate your child and answer questions in the CVOR holding area.
- A nurse will assist you in setting up the Ease app on your phone for OR updates.
- You will meet with a member of the cardiac anesthesia team prior to the procedure.

## Surgery Procedure

- A guardian should stay within the hospital throughout surgery.
- Please wait in the 20th floor family room or 3rd floor, where you can walk the sky bridge or buy refreshments.
- OR updates are via text and in person. Text updates are via the Ease app. In person updates are every few hours by a CHS PA or NP, and the surgeon at the end. *Do not be alarmed when called to a consult room for an update - this is standard.*

## Recovery

- Your child will be moved from the OR to the CICU. Adults are moved to the ACHD unit (24th floor).
- The ICU team will notify you by phone when you may join your loved one. This time of transition takes 1-2 hours.
- Length of stay in the hospital will depend on your child and their needs.

# Post-operative Care

The congenital heart surgery team will be present throughout recovery in the hospital and available to answer questions. After discharge, call if your child develops any fever, feeding problems, wound drainage or redness, trouble breathing, or chest pain. Wait 6 weeks after surgery to receive immunizations.

## Wound Care

- Remove clear dressing 7 days after surgery, if present
- If Dermabond (glue) used to close incision, do not remove glue
- If steri strips are in place, paint (clean) incision with betadine solution twice daily
- While sutures are in place:
  - Paint the incision and chest tube sutures twice daily with betadine solution.
  - Do not allow incision to soak or be submerged under water. A quick shower or bath is fine. Gently pat incision dry.
- Once sutures are removed:
  - Do not soak the incision in water until the incision is completely healed without remaining scabs (usually 4 weeks). Avoid entering lakes/oceans, swimming pools, hot tubs, etc. until that time.
  - Keep the incision clean and dry. Do not apply ointments, lotions, or creams to the incision.

After heart surgery from the front, the breastbone is wired together and sutures close the incision. After heart surgery from the side, sutures close the incision.

To allow proper healing, follow these post-operative activity instructions for six weeks after surgery:

## Infant Activity

- ‘Scoop’ the patient under bottom and back rather than lifting or pulling under arms
- They can participate in “tummy time” if not upset by being on their stomachs.
- Closely supervise when playing with other children
- Avoid crowded places such as school, church, birthday parties, family reunions, sporting events, grocery store, etc.
- When travelling by car, use an age/weight appropriate car seat without additional padding

## Pre-School/School Age Activity

- Safe physical activity helps with healing
- Closely supervise when playing with other children
- Do not play on a bicycle, trampoline, swing, playground equipment, or anything else they could fall from and hit their chest/side
- No lifting or pulling anything over 5 pounds. Do not lift or pull up by the arms
- No repetitive movements like ball throwing or jump rope
- Avoid crowded places such as school, church, birthday parties, family reunions, sporting events, grocery store, etc.
- When travelling by car, ride in the back seat and wear a seat belt. Use a booster seat as age/weight appropriate
- No backpacks for an extended length of 12 weeks following surgery

# Cardiac Catheterization (Cath)

## Legacy Tower 20th Floor

Cardiac Cath Office for business hours (8:00 am to 4:30 pm): **832-826-5907**

Electrophysiology (EP)/Pacemaker Cath for business hours (8:00 am to 4:30 pm): **832-826-5625**

For emergencies, or if it is after normal office hours, please call **832-824-2099** and ask the operator to page the Pediatric Cardiology fellow on call.

## Day of Cath procedure

### Arrival

- Check in at Legacy Tower 20th Floor receptionist. Cath and anesthesia teams will evaluate you/your child, answer questions and obtain informed consent for the procedure in the Cath lab holding/recovery area (HCRU) or at your/your child's hospital bedside.

### Surgery

- A guardian should stay within the hospital throughout the cath procedure.
- Please wait in the Legacy Tower 20th floor family waiting room. Only two members of the family (18 years or older) may be on the 20th floor.
- Cath updates are standard hourly phone calls by a nurse or cath tech to your cell phone number. In person update is with the cath physician when the procedure is done.

### Recovery

- Your child will be moved from the cath lab to the HCRU. If your child is coming from an ICU bed then from the cath lab will return to an ICU bed. The HCRU team/ICU team will notify you by phone when you may join your loved one. If staying overnight and not returning to the CICU, you may be admitted for overnight monitoring in the CPCU on the 22nd or 23rd floor of Legacy Tower (Adults would be monitored on the 24th floor in our Adult Congenital Heart Inpatient Unit).
- Length of stay in the hospital will depend on your child's needs post cath procedure.



# Post-procedure Care

Do not leave your child alone the night of the catheterization, as your child may be sleepy and unsteady from the medications or anesthesia used during the procedure.

**Pain:** There may be some pain where the catheters were placed, but the pain should go away in 2-3 days. Your doctor will let you know what medicine your child can and cannot take for pain relief. Watching a video, reading or listening to music may help your child relax.

**Medication:** If your child has a device placed, your doctor may prescribe an antibiotic to prevent an infection. If the doses of antibiotics are not completed by the time your child is discharged, your doctor will prescribe the remaining doses to be taken by mouth at home.

**Diet:** Resume usual diet.

**Activities:** Children usually know when they feel well enough to resume normal activities. At times, they are the best judges of what they feel they can do. Do not allow your child to ride a bicycle, climb (as on a jungle gym), or participate in any rough activities. Your doctor will tell you when your child can return to those activities, daycare, school and sports.

**Bathing:** Your doctor will let you know how many days your child cannot have a tub bath, use a hot tub, or go swimming (prevents infection to the catheter site). Your child can take a shower and clean the sites where the catheters were placed with mild soap and warm water during that time. Be careful not to rub this area too hard.

**Wound Care:** Keep the groin areas clean and dry. Monitor the sites for signs of infection (redness, hot to touch, any drainage, increased tenderness, and fever). It is normal to see some bruising or swelling where the catheters were placed. If there is a lot of swelling, or if the swelling seems to be getting worse, call your child's cardiologist.

**Emotional Recovery:** After your child's catheterization, your child may be tired or fussy. Use this time for rest and quiet activities. Tell your child that he/she will feel better soon. Your child may have a hard time going to sleep or may be more dependent (clinging) for several days. If you are concerned about these changes, call your pediatrician.

Call for a follow-up appointment as instructed by your cardiologist

- If your child has trouble breathing.
- If your child has a fever over 101 degrees Fahrenheit for more than 8 hours.
- If your child has increased pain, which does not get better with pain medicine.
- If signs of infection at the wound site occur.
- If your child has any bleeding.
- If your child is experiencing racing heartbeats.

## Notes

[illegible]

# Notes

[illegible]

