Pediatric surgery at Sanford Children’s

Children are our mission. Our inspiration.

sanfordhealth.org
Sanford Children’s
Your Child’s Safe Place for Healing

At Sanford Children’s we know that hospital stays and medical procedures can be stressful and even a little frightening for children and their families. We want to help you and your child prepare for your stay with us. Getting your child ready before admission to the hospital will help ease any fears and make his or her hospital stay a positive, comforting experience.

You love your child. We share your love of children. We know that each child needs our care, our readiness, and our comfort in unique ways. Working together, with your family and our dedicated medical team, we can provide the best care for your child. If you have any questions, comments, or concerns before coming in for surgery, please call:

1. Your surgeon’s office
2. Sanford Children’s Hospital (701) 234-5424 or (800) 443-4779 from 5 a.m. – 7 p.m.
3. My Sanford Nurse (701) 234-5000 or (800) 821-5167, is available 24/7
Getting Ready for Surgery

It is very important that you follow all of the instructions you receive from your child’s surgeon and nurses during the preoperative (before surgery) visit. Not following the instructions could cause a delay or having to reschedule your child’s surgery. Examples of this may be:

• Arriving at the wrong time
• Letting your child eat or drink after the time he or she is not supposed to.

Please bring in the medication bottles of all medications your child might be taking.

Tips for Getting Your Child Ready

• If your child is younger than 5 years old, you should talk to him or her a day or 2 before surgery.

• Older children should be given a few days to a week to ask questions and review information.

• Be honest. If you do not know the answer, tell your child you do not know, but you will find out.

• Use simple words your child will understand.

• Ask your child to talk about their feelings and ask questions about what is coming.

• Have your child pack a suitcase with the things he or she wants in the hospital. This may include:
  – A security blanket
  – A favorite stuffed animal
  – A toy

• If applicable, we recommend you make childcare arrangements for siblings, so you are able to focus on your child who is having surgery. Before your child comes to the hospital, remove and leave at home:
  – Watches
  – Necklaces
  – Body piercing jewelry
  – Earrings your child wears
  – Have your child take off nail polish.

• If you have questions before coming to the hospital, write them down. Sometimes it is hard to remember all your questions on the day of surgery.

Visit www.sanfordchildrens.org keyword: Pediatric Surgery, and review the Fargo pediatric surgery educational video for information about the surgery process and tips on how to talk to your child about surgery.
Eating and drinking

Instructions
What about my child’s medications?
You should give your child their medicine(s) as usual unless you are told not to do so by your doctor. Take pills with only sips of water.

### Getting Ready for Surgery

<table>
<thead>
<tr>
<th>Age</th>
<th>Eating</th>
<th>Drinking</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Infant - Breastfeeding</strong></td>
<td>No solid food or baby food after 12:00 midnight the day of surgery.</td>
<td>May breastfeed 4 hours before getting to the hospital or surgery center. May have clear fluids 2 hours before getting to the hospital or surgery center.</td>
<td>Examples of clear fluids are water, fruit juice without pulp, Popsicles, and Jell-O.</td>
</tr>
<tr>
<td><strong>Infant – Formula feeding</strong></td>
<td>No solid food or baby food after 12:00 midnight the day of surgery.</td>
<td>May drink formula 6 hours before getting to the hospital or surgery center. May have clear fluids 2 hours before getting to the hospital or surgery center.</td>
<td>Examples of clear fluids are water, fruit juice without pulp, Popsicles, and Jell-O.</td>
</tr>
<tr>
<td><strong>Children of any age</strong></td>
<td>No solid food or baby food after 12:00 midnight the day of surgery.</td>
<td>May have clear fluids 2 hours before getting to the hospital or surgery center.</td>
<td>Examples of clear fluids are water, fruit juice without pulp, pop, Popsicles, and Jell-O.</td>
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</tbody>
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Upon Arrival to Sanford Children’s

When you and your child arrive for surgery, you will meet your nurse who will prepare you for surgery.

- Your child will change into a hospital gown or pajamas.
- Your child will get a hospital identification bracelet with:
  - His/her name
  - Birth date
  - Hospital number
- Vital signs will be taken
  - Heart rate
  - Respiratory (breathing) rate
  - Blood pressure
- Your child will be weighed.
- In most cases, your child’s surgeon will see you to make sure your child is ready for the surgery.
- Many of the same questions you have answered before will be asked again. This is for safety and to make sure all the information in your child’s record is correct. You will be asked about:
  - Allergies
  - Medications
  - Whether your child has been exposed to any illnesses recently.
Meeting the Anesthesia Team

The anesthesia team includes an anesthesiologist (a doctor who specializes in anesthesia) and a Certified Nurse Anesthetist – CRNA (a nurse with special training and education in anesthesia).

• A member of the anesthesia team will see you and your child prior to surgery. They will:
  – Explain the planned anesthesia
  – Answer questions
  – Examine your child

• The anesthesia provider will ask you questions about:
  – Prior surgeries
  – Medication your child may be taking
  – Any concerns you may have

• At this time the anesthesia provider will decide if an oral medication to reduce stress before surgery is right for your child. The anesthesia provider may also talk about options for postoperative (after surgery) pain management.

Reducing Fear

Having surgery can be scary for a child. Our goal is to reduce these fears.

Separation from parents and the beginning of anesthesia can be frightening. Children often know when their parents feel fearful and this can add to their own fear.

Staying calm can help your child cope better with the surgical experience.

Child Life Specialist

Child Life Specialist are specially trained to help kids deal with their fears and concerns about surgery. They are experts in child development. They promote effective coping through play, preparation and education. A Child Life Specialist provides information, support, and guidance to parents, siblings and other family members.

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You and your child will meet with a child life specialist who can provide information about the surgery in words your child can understand. Through the use of dolls, teaching booklets and medical equipment, the Child Life Specialist helps children learn by playing and asking questions. This will help your child be less afraid. The Child Life Specialist is available to be with your child and help him or her in each phase of the surgical experience and recovery.
You and your child will be accompanied to the OR by the OR staff and a Child Life Specialist. The Child Life Specialist is there to support you as a parent as your child goes to sleep. They will accompany you out of the operating room when your child is ready for surgery to begin.

You will be shown where to wait while your child is in surgery. At least one parent must wait in this area at all times. The waiting area is where the nurses and doctors will look for you to give you updates about your child’s surgery.
Anesthesia

Once in the operating room, your child’s identity will be verified again and the patient chart will be checked to make sure all the information is correct. Many monitors, such as a heart monitor and a blood pressure cuff, will be put on your child. Your child will be monitored by the anesthesia team throughout the surgery. During surgery your child will receive anesthesia or special medicine that prevents pain during surgical procedures. Your anesthesia provider will talk to you about the best method for your child.
Once your child’s surgery is finished, the surgeon will speak with you. During this time, the anesthesia team will wake your child and bring him or her back to the Post Anesthesia Care Unit (PACU).

- It may take 30 minutes or more before your child will go to the PACU.
- Your child may be very sleepy as he or she is brought to the PACU and may not remember leaving the surgery room.
- At this time, the anesthesia care team tells the PACU team everything they need to know about your child.
- The PACU team will monitor your child closely as he/she wakes up.

After surgery, we will make every effort to reunite you with your child as soon as possible. Depending on the type of surgery that your child has:

- We may bring your child to you after their PACU stay.
- We may bring you into the PACU to be with your child after he or she awakens.
- For safety reasons, only one adult may be allowed in the PACU.
- Please feel free to discuss any questions that you may have with our team.
If I visit my child in the PACU, how will my child look?

• When you first see your child, he or she may:
  – Be very sleepy.
  – Have an oxygen mask near or on his or her face.
  – Your child’s face may look:
    • pale
    • puffy
    • swollen

• Your child will likely have an IV and be connected to monitors that will measure heart rate, breathing, and blood pressure.

• Your child may already be awake when you arrive. Some children are alert and smiling, others are upset and crying. Your child may be fussy, confused, groggy, or just feel funny. All of these behaviors are normal.

Some children may experience “emergence delirium” as they wake up from anesthesia. This is defined as: they appear to be awake, but are not really “aware.”

• During this time, children may cry, thrash, and reach for their parent.

• Nothing may calm the child as they are waking up from anesthesia.

• It is upsetting to watch, but each child wakes in his or her own way and it is important for you to know there is not a right or a wrong way.

• All of these reactions are normal.

• Your nurse will make sure your child is safe during this time.

• Try to stay calm and comfort your child. He or she will not remember this happened and often, will wake up feeling fine.

What if my child is in pain?

Your child may have pain. Knowing the level of pain that your child is having can be very hard due to the side effects of anesthesia and other discomforts such as the blood pressure cuff, IVs, hunger or thirst.

The PACU nurses are specially trained in caring for your child’s pain and will do everything they can to keep your child comfortable and safe. You are asked to comfort your child as you are able. A quiet and calm approach with your child usually works best.

What can I do for my child in the PACU?

• If your child is sleeping, do not wake him or her. Children do best if they can sleep and wake up naturally after anesthesia. Speak softly and calmly, reassure your child. Do not stimulate your child as much as possible. Encourage rest at this time.

• Depending on the surgery and how your child is doing, you may be able to hold your child. Your PACU nurse will be able to tell you if and when you can hold them.

• Do not bring food or drinks with you into the PACU.

• Turn off your cell phones or other electronic devices when visiting the PACU.

Our PACU team is here to support you and your child. Please let us know if you have any questions or concerns that we can help you with.
When your child is ready to go home, you will get written information on how to care for your child. The nurse will also talk to you about:

- Activity
- Medications
- Special care
- Follow-up appointments
- What to expect as well
- Where you can call with any questions
Activity

Although your child may be awake and alert at the time of discharge, the effects of the medication may be present for 12-24 hours. Some of the things your child may experience include:

• Nausea
• Vomiting
• Irritability
• Drowsiness
• Impaired balance and reflexes

Because of this, your child should not return to daycare or school that same day. A quiet day at home is recommended. Your child may be unsteady for the first 24 hours and will need to be watched closely. Protect your child from falls, sharp objects, and other potentially dangerous situations.

Feeding

• Your child may start eating and drinking slowly. First, try clear liquids such as:
  – Water
  – Apple juice
  – Popsicles
  – Breast milk or infant formula is also appropriate if this is what your child typically drinks.

• If your child does not vomit or feel ill, and clear liquids have been tolerated for at least one hour, your child may advance to his or her normal diet.

• Do not eat greasy foods as this may cause nausea or vomiting.
• Offer and encourage fluids frequently.

Pain

Your child may have some pain, be irritable, or run a slight fever. There are several factors that will determine the type of pain medication your child may need. Your surgeon, anesthesia team, and nurses will work together to make your child comfortable.

Behavior

Some children have temporary behavior changes at home. These behaviors are temporary and normal. Encourage rest and quiet activities. If these behavioral changes last longer than you expect, please call your surgeon’s office. These changes may include:

• Changes in sleep patterns
• Clingy behavior
• Eating changes
• Hyperactivity
• New fears (not wanting to sleep alone, needing a night light)
• Acting younger (bed-wetting, thumb sucking).
The name of your child’s surgery: _______________________________________________________

The date of your child’s surgery: _____________________________________________________

The doctor who is doing your child’s surgery: __________________________________________

The location of your child’s surgery: ___________________________________________________

Sanford Children’s Hospital  
5225 23rd Ave S  
Fargo, ND 58104

Children’s Day Unit  
801 Broadway N  
Fargo, ND 58102

Same Day Surgery Center  
321 8th Ave N  
Fargo, ND 58102

South University  
1720 S University Drive  
Fargo, ND 58103

Surgery Center  
2301 25th St. S  
Fargo, ND 58103

• You will receive a phone call from the nurse the day prior to your child’s surgery
  – To tell you what time to arrive for surgery.
  – When your child needs to stop eating/drinking.
  – You will receive a call anytime between 1:00 p.m.-5:00 p.m. with this information.
  – If a nurse does not call you, please call (701)-234-2000.

If you need to cancel your child’s surgery for unseen circumstances:

• Call the surgeon’s office that is doing your child’s surgery during business hours.

• If you need to cancel over the weekend or after hours, please call (701)-234-2000
Fargo-Moorhead Locations

1. **Sanford Medical Center Fargo**
   5225 23rd Ave. S.
   - Emergency Department
   - I-94 Clinic

2. **Sanford Broadway Campus**
   801 Broadway N.
   - Roger Maris Cancer Center
   - 820 Fourth St. N.
   - Broadway Clinic
   - 737 Broadway N.

3. **Sanford South University Campus**
   1720 University Dr. S.
   - Hospital
   - 1717 Medical Building (Eye Center)
   - 1711 Office Building

4. **Sanford Orthopedics & Sports Medicine**
   2301 25th St. S.

5. **Same Day Surgery Center**
   321 8th Ave. N. Fargo

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1720 University Dr. S.
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