



the child during this time. The length of stay in this area varies greatly upon the type of surgery that was performed. During this time, a nurse will continue to monitor your child, assure that they are comfortable, and review post-operative instructions with you for home care. Please follow your surgeon's instructions closely.

If your child is not nauseous, the nurse will offer clear liquids and crackers, as appropriate. The nurse will let you know when your child can go home. Each child experiences surgery differently. For the first 24 hours, they may be sleepy, irritable, or unsteady on their feet. Plan to stay with your child during this time, as they may need extra care and attention. The day after surgery, a nurse will call to check on your child's progress and make sure you are comfortable with their recovery. You will be responsible to schedule your follow-up appointment with the surgeon as directed.

## OBSERVATION OR OVERNIGHT STAYS

If your child requires a longer monitoring period, you and your child will be taken to a hospital room after the recovery period. Your nurse will orient you to the room and take your child's vital signs. We would like you to stay and participate in your child's care during this time. The length of stay varies greatly upon the type and length of the surgery, your surgeon's preference, and how your child is doing. If your child is required to stay the night, you may be comforted

to know that you may stay with them. There is room for one parent to sleep comfortably in your child's room. Please understand, however, that siblings are not allowed to stay the night, as your hospitalized child will require your full attention. Before you and your child leave the hospital, you will receive instructions on how to care for your child at home.

## HELPFUL HINTS

The following will make your child's visit more comfortable:

- Bring a comfort item such as a favorite toy, blanket, stuffed animal, or pacifier
- Be sure clothing is comfortable and loose-fitting
- Bring an extra pair of underwear in case of an accident, which is not uncommon during general anesthesia, regardless of age.
- Bring sippy cup, bottle, and formula as appropriate, for use after surgery
- Remove all jewelry and fingernail polish
- Bring eye glass/contact lens supplies, as needed



## IMPORTANT NOTES

Child's Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Type of Surgery: \_\_\_\_\_

Surgeon's Name: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

No food after: \_\_\_\_\_

No drink after: \_\_\_\_\_

Other instructions: \_\_\_\_\_

Questions? Call us at (913) 696-8107

## LOCATION

**Children's Mercy South**  
5808 W 110th Street  
Overland Park, KS 66211

## DIRECTIONS

From I-435, exit at Nall and continue South one block to 110th Street. Turn right and arrive at Children's Mercy South, on your right.



*Children's Mercy is an equal opportunity/affirmative action employer and a United Way agency.*

## CHILDREN'S MERCY SOUTH same day surgery



At Children's Mercy South, we know an operation is a major event for you and your child. We want to help make your experience as smooth and comfortable as possible. The department is staffed by the region's top surgeons, nurses, and anesthesiologists who specialize in providing care for children. In addition, we have Child Life Specialists on staff each day to help provide activities and comfort for patients of all ages. Our goal is to create a pleasant experience for you and your child.



## WELCOME TO SAME DAY SURGERY

Same Day Surgery is a service specifically designed to care for children who require a surgical procedure. Most children having surgery will check in through Same Day Surgery. The majority of our patients will go home shortly after their procedure, but some will stay in the hospital for several hours for monitoring (observation stay). Children who require additional care will stay overnight, or possibly longer (a.m. admission).

This brochure provides you with important information about your child's upcoming experience at Children's Mercy South.

## HOW TO PREPARE YOUR CHILD FOR SURGERY

We encourage you to be honest and open with your child about their pending procedure. Be positive, confident, and reassuring. Explain that while they will not feel pain during the procedure, they may be sore afterwards.

To ease some of your worries and remove any mystery about the surgery process, we invite you and your child to our pre-operative tour, hosted by a Child Life Specialist. Your child will watch a short video and take a tour of the department. Through play, they will become familiar with medical equipment such as blood pressure cuffs and stethoscopes. The material is most appropriate for patients and siblings ages 2-12, but everyone is welcome. The tour is held on Wednesday evenings from 6-7pm and begins in the Same Day Surgery

waiting room. If this time does not work for you, please contact the Child Life department to see if an individual tour can be arranged. Call (913) 696-8101 for more information.

We also welcome you to visit [www.childrens-mercy.org/preop](http://www.childrens-mercy.org/preop) for more information about the tour, as well as a surgery preparation video, Storybook Tours, and online picture books. Be sure to select the option for Children's Mercy South where applicable so that you will get the information most relevant to your child's upcoming experience.

## PRIOR TO SURGERY

About one week prior to surgery, a nurse will call to discuss your child's medical history. They will want to know about medical conditions, medications, previous surgeries, and any allergies your child may have. Please be sure to let the nurse know if your child has been ill in the last two months or if a family member has a history of complications with anesthesia.

The day before surgery, a nurse will call to give you your arrival time and eating and drinking instructions



for surgery. The arrival time is 60-90 minutes prior to the scheduled surgery time, which allows you time to talk with your surgeon and an anesthesiologist. The instructions you receive during this phone call are very important and must be followed exactly to assure your child's surgery is performed on time. Disregarding these instructions can endanger your child's health and surgery may be delayed or cancelled. If concerned about how you will be able to keep your child from eating, you may consider fasting with them to assure cooperation. We advise you to keep your child home from school or daycare on the day of surgery so that you can be certain that guidelines are followed. We also ask that your child shower or bathe the night before (or morning of) surgery as this has been shown to decrease surgical site infections.

## THE DAY OF SURGERY

A biological parent or legal guardian must be present with the patient at all times. Because our space is limited, we ask that only two adults accompany the patient. Please make other arrangements for any siblings, as your child who is having surgery will require your full attention. We also ask that no one who is ill accompany the child on the day of surgery.

When you arrive to Same Day Surgery, you will register at the admissions desk; then you may have a seat in the waiting room. A surgery staff member will escort you and your child to an examination bay where you will help your child change into a gown and slippers. We will then obtain your child's weight and vital signs, and inquire when your child last had something to eat or drink. Please give accurate, specific times, even if it was just a sip. You will then be interviewed by a member of the anesthesia team and talk with your child's surgeon. We suggest you bring your questions in written form so that all of your concerns may be addressed. When it is time for surgery, a nurse from the operating room will direct you to the waiting room and take your child to surgery. During the operation and recovery time, you will be required to stay in the waiting room.



## AFTER SURGERY

When your child's operation is over, they will be taken to the recovery room (Phase I) where they will have one-on-one care by a Registered Nurse. Their only focus will be your child's safe and comfortable recovery. The surgeon will meet and talk with you during this time. Please feel free to ask any questions you may have about caring for your child at home. This is also a good time to speak with your surgeon about special needs your child may have, such as medications (pill vs. syrup) or length of time they must refrain from sports or physical education classes. Then, once your child is beginning to awaken and is comfortable, you will be reunited. It is our goal to reunite you with your child as soon as possible.

## SAME DAY SURGERY PATIENTS

Your child will proceed to the dismissal area (Phase II) from the recovery room. You may want to hold them or let them rest in a recliner. We ask you to stay in this area with your child. Because of space limitations, only two adults are allowed to stay with