



Surgery Teaching Book (Ages 8+)

Created by the Child Life Department



Children's Mercy



Welcome to Same Day Surgery at Children's Mercy Hospital Adele Hall!

You are here so a doctor called a surgeon can fix a part of your body that isn't working quite right. This is called surgery or an operation. It's OK to be a little worried or nervous. All of the people you will meet are very nice and will help answer your questions. Are you ready to learn about the hospital?

When you arrive, you and your family will check in at the registration desk so we know you have arrived for your surgery.



There are lots of fun things to keep you busy while you wait for the nurse to call your name.





The nurse will call your name when it is time to get ready for your surgery.

You and your family will go to an exam room where you will put on hospital pajamas or a hospital gown, slipper socks and a bracelet. If you have any allergies, you will also wear a green bracelet that tells all of the doctors and nurses what you are allergic to.





The doctors and nurses want to know how you are feeling before you have surgery. They do this by checking your vital signs.

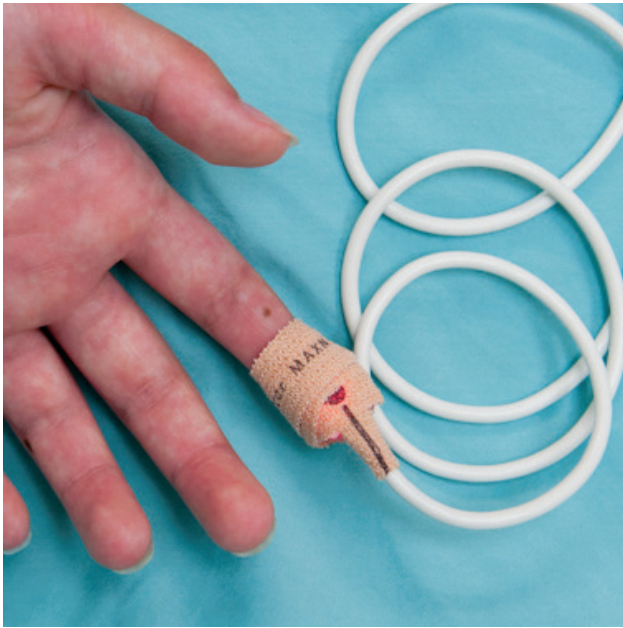
The nurse will listen to your heartbeat and how well you are breathing using a stethoscope.



This is called a blood pressure cuff. It feels like a tight hug or squeeze on your arm or leg. This tells the nurse how fast your blood is moving through your body.



The nurse will use a thermometer to check your temperature. The nurse will move the thermometer softly across your forehead and behind your ear.



The nurse will need to know how much oxygen or air is moving through your body. This is called a Pulse Oximeter. The nurse will put a little red light on your finger or toe. The red light NEVER gets hot.

The nurse will also sometimes need to know how tall you are and how much you weigh.



You and your family will talk with two doctors. One doctor is your surgeon. It is OK to ask any questions you may have about your surgery. The other doctor is the Anesthesiologist or the sleepy doctor. This doctor will talk with you about the kind of sleep you will have for surgery. The sleep for surgery is different than when you are sleeping at home. During your surgery, you will not feel anything or have anything that hurts. You may breathe air through a mask to help you sleep. You will be sleeping during your surgery and when the doctor is done, you will begin to wake up. You may be able to pick a flavor for your air depending on what the doctor thinks is best for you.



A Surgeon



An Anesthesiologist

A Child Life Specialist can show you the mask and let you smell the different flavors. You may choose strawberry, orange (tangerine), bubble gum, banana, root beer or blueberry. Which one do you like? He or she can also show you pictures of your surgery room.



Now it is time for your surgery. Surgery nurses will meet with you and ask some questions. Next, the nurse will show your family where they will wait while you are in surgery. You can give your family a hug and tell them you will see them in a little bit. Did you bring a blanket or stuffed animal? It is okay to take this into the surgery room if you would like.



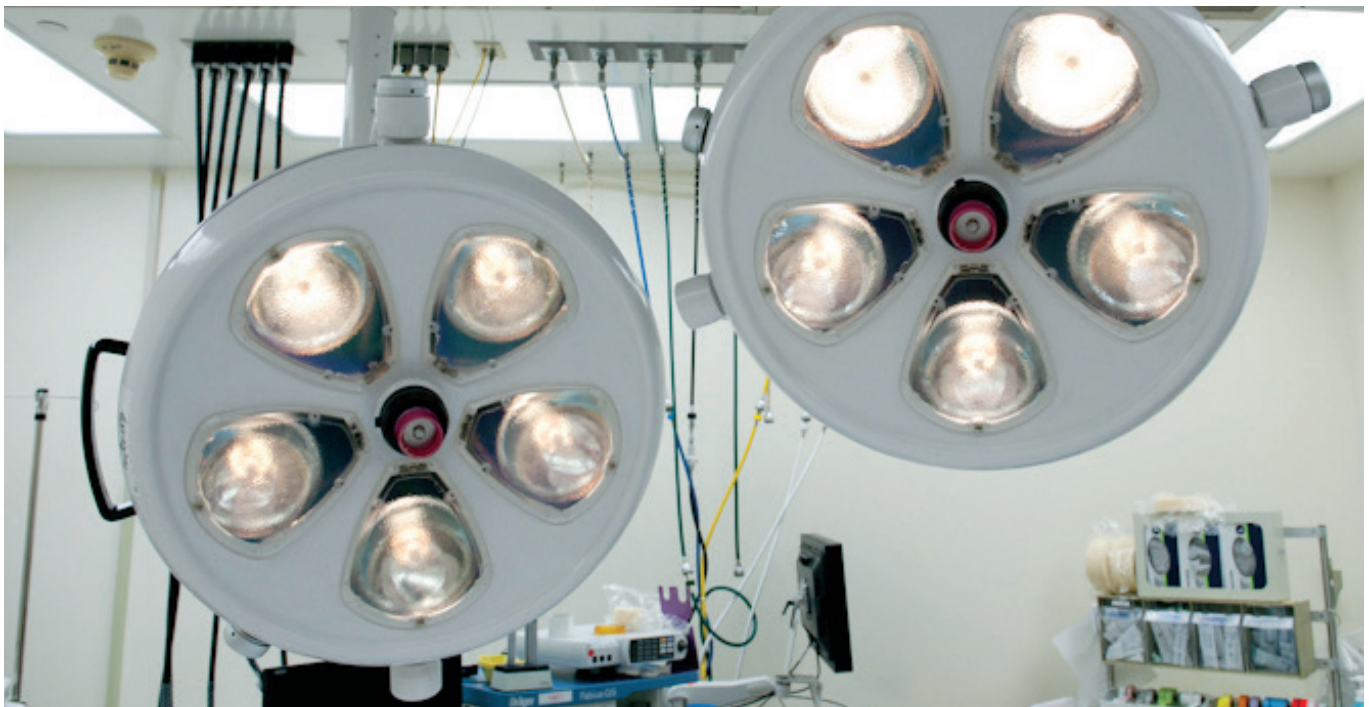
You and the nurses will go to the surgery room together.



When you get to the surgery room, you will see a bed.



These lights will be on the ceiling over the bed to help the doctor see better.



The sleepy doctor uses this machine for the sleepy medicine and to watch you while you are sleeping. This doctor will be sitting beside you during your surgery.

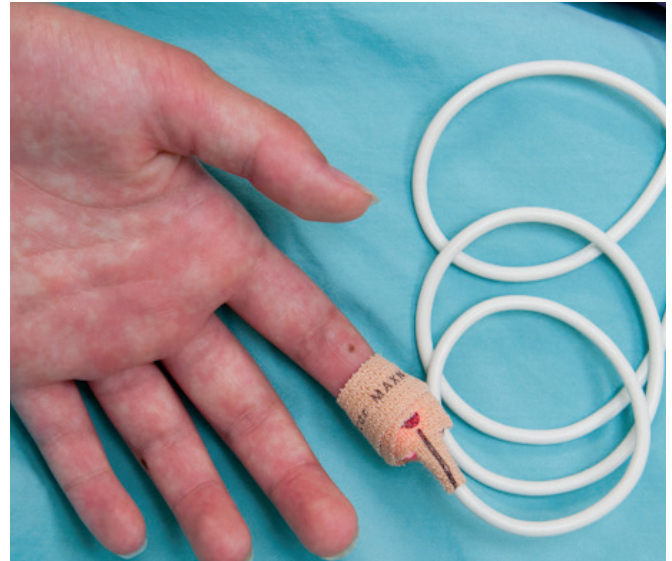
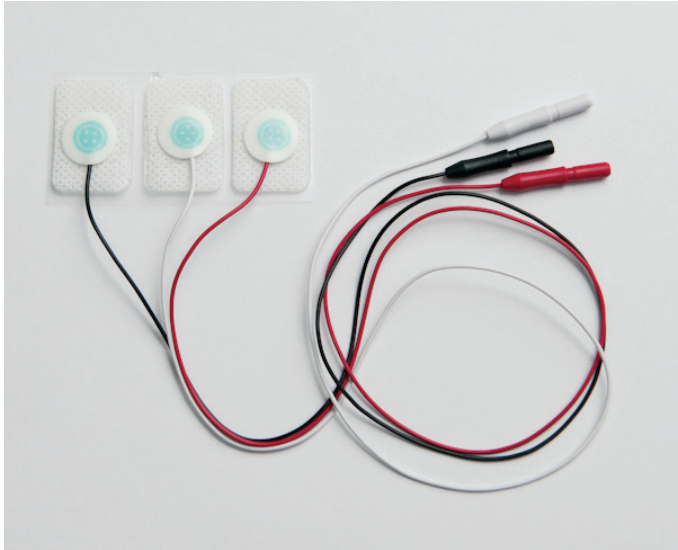


These are the cabinets with supplies for lots of surgeries. (The supplies are not all for your surgery.)



The nurses will help you get comfortable on your bed. The doctor will put two stickers on your chest and one on your side. These are called heart monitor stickers and will help the doctor to see your heart working while you are sleeping.

The doctor will also put the red light on your finger and the blood pressure cuff on your arm. Next, you will have your sleepy medicine and the next thing you will know...



You will be waking up in the recovery wake up room.

Here, a nurse will be with you while you are waking up. The nurse will have a blue mask or tube close to your face to help you breathe oxygen, which helps you wake up. You may hear some beeping noises and nurses talking to other patients.



When you wake up, you may have an IV. An IV is a tiny tube in your vein (the blue lines at the back of your hand or arm). This helps the nurse give you medicine. The tape helps keep the IV in place.



You will see your family when you are awake and comfortable.



You and your family may go to the second recovery room where you will rest in a recliner chair and have something to drink (soda, apple juice or water) and a snack (crackers, cookies or jello). When it is time to leave the hospital, the nurse will remove the tape and IV. Most kids say this feels like a band-aid being taken off.

If you are spending the night at the hospital or going to the observation unit, you and your family will go into a room of your own.



A nurse will be there to take care of you. Be sure to ask when you can have something to drink or eat. We will also have activities for you when you are ready.

