

Surgery Teaching Book (Ages 4-7)

Created by the Child Life Department



Children's Mercy
KANSAS CITY



Welcome to Same Day Surgery at Children's Mercy Kansas City

You are here today so a special doctor can fix a part of your body that isn't working quite right. This is called surgery.

It's OK to be a little worried, but all of the people you will meet are here to help you.

Are you ready to learn about your surgery?

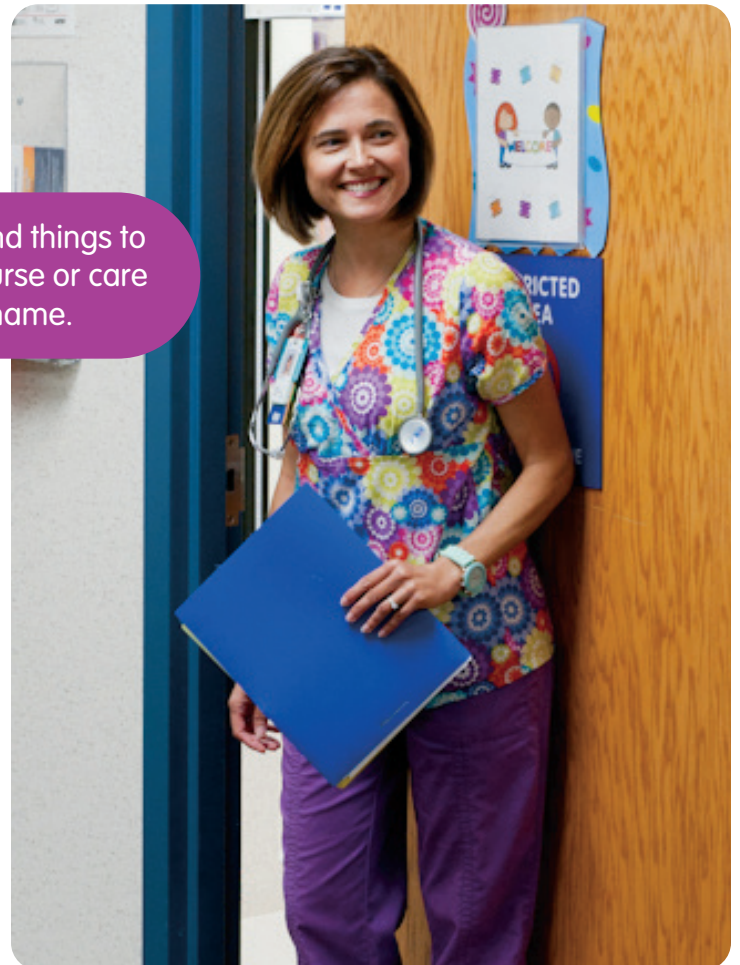
Did you know you can bring a special toy or item from home? Some kids bring their favorite stuffed animal or blanket. What did you bring today?

When you arrive, you and your family will check in at the registration desk so we know you are here.





There are lots of fun toys and things to do while you wait for the nurse or care assistant to call your name.





You and your family will now go to an exam area. This is where the nurse will give you special hospital clothes.

You will wear hospital pajamas, slipper socks and a special bracelet with your name on it.

The doctors and nurses want to know how you are feeling before you have your surgery. They will check a few things on your body, but nothing should hurt.

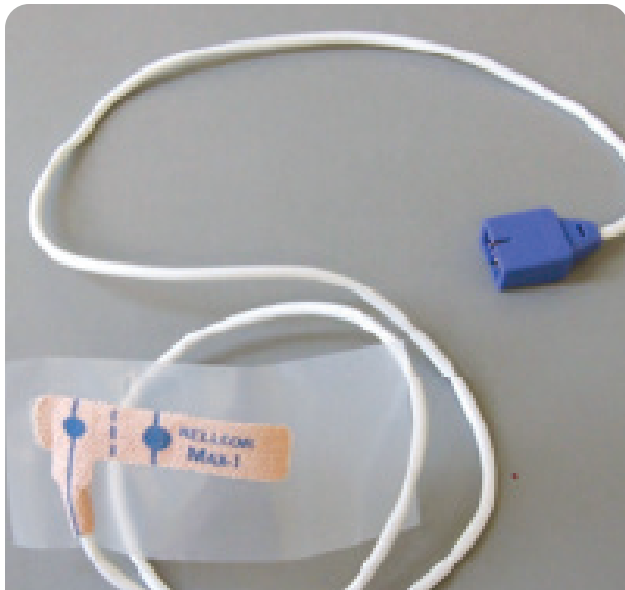


This is called a blood pressure cuff.

The nurse will place the cuff around your arm or leg. Some kids say it feels like a tight hug.

This tells the nurse how fast your blood is moving through your body.





This is called a pulse oximeter. It is a tiny red light that goes around your finger or toe. It tells the nurse how well you are breathing. It feels like a band aid.

The little red light NEVER gets hot.



The nurse will need to know how tall you are. You will stand with your back and feet touching the wall.

You will stand on a scale to see how much you weigh.





You and your family will talk with two special doctors. One doctor is your surgery doctor.

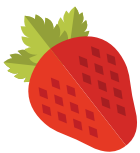
Here is one of our surgery doctors. They will help fix the part of your body that is not working quite right.

The other doctor is an anesthesiologist or sleepy doctor. Here is one of our sleepy doctors.

The sleepy doctor will give you a mask to help you breathe special sleepy air.

You will sleep during your surgery and you won't have any ouches.

You can pick a flavor for your sleepy air! You can pick from strawberry, blueberry, orange, bubble gum, root beer or banana. What sounds good to you?





A Child Life Specialist can show you the mask, help you smell the sleepy air and show you pictures of the hospital.

Now it is time for your surgery. Surgery nurses will come and meet you in your room.



Now it is time for your surgery. 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. You can bring a stuffed animal or blanket with you. You and the surgery nurses will go to the surgery room together.

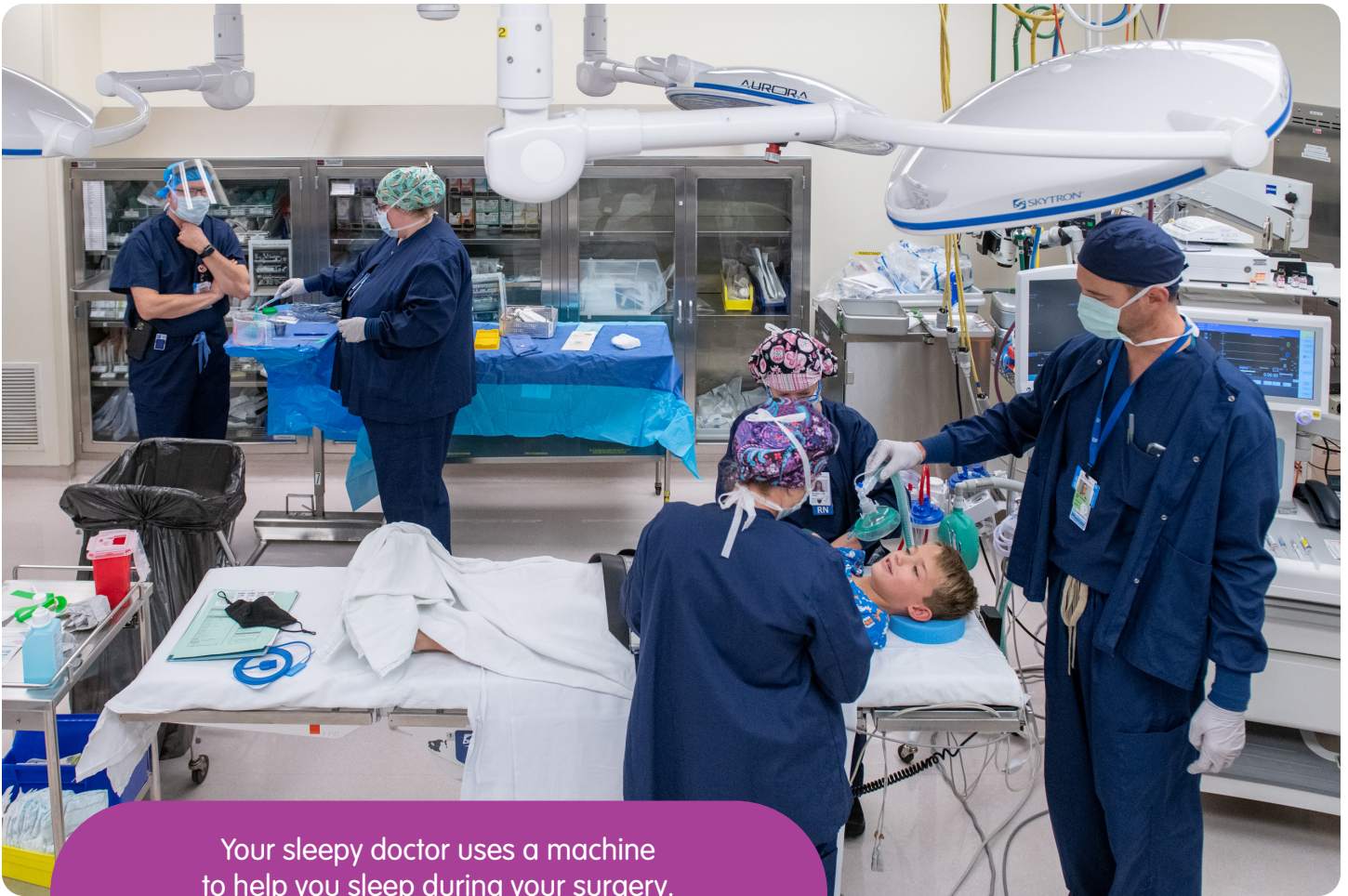


You will walk or ride with the nurses in a bed to the surgery room.
Don't forget your stuffed animal or special item.

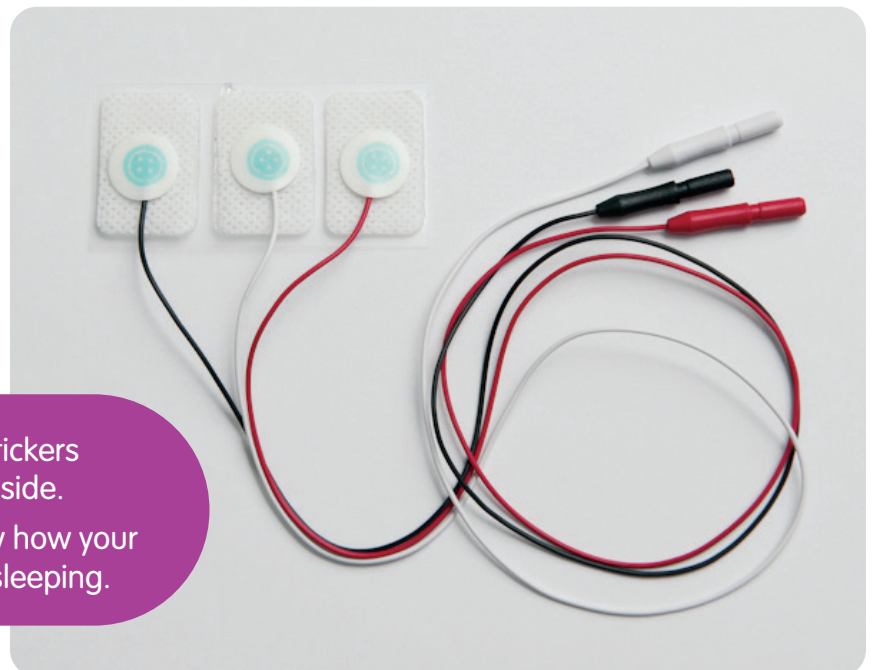
When you get to the surgery room, your nurses will help you get comfortable on this bed.

There will be circle lights that help the doctor to see better. You might see them above your bed.





Your sleepy doctor uses a machine to help you sleep during your surgery. There are cabinets with supplies for lots of surgeries.



The sleepy doctor will put 2 stickers on your chest and 1 on your side. These will help the doctor to know how your heart is working while you are sleeping.

The sleepy doctor will put the little red light on your finger again.

Next, you will have your sleepy air. The next thing you know...



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

The nurses will be close to you and will make sure you are comfortable. The nurse will hold a blue mask or tube close to your face to help you breathe fresh air. This helps you wake up.





After you wake up, you may have an IV. An IV is a tiny straw that sits inside your hand or arm.

The IV lets the nurses give you medicine to help you feel better.

The tape helps the IV stay very still.

As soon as you are awake and comfortable, you will get to see your family.





You and your family may go to the second wake-up room where you will rest and have something to drink.

When it is time to leave the hospital, the nurse will gently take the IV off your hand and arm.

If you need to stay at the hospital, you and your family will go to a room that is just for you.

A nurse will be there to take care of you.

Ask your nurse when you can have something to drink or eat.



We have activities for you when you are ready.



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