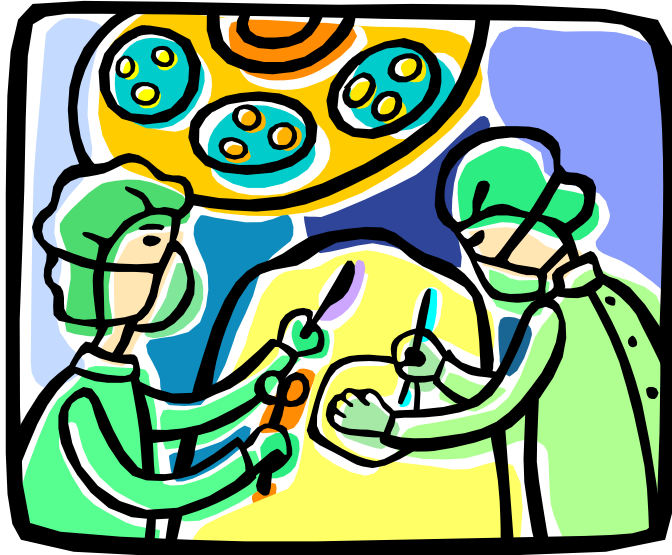


# **SHORT HILLS SURGERY CENTER**



## **A PARENT'S GUIDE TO SAME DAY SURGERY**

**187 MILLBURN AVENUE  
MILLBURN, NEW JERSEY 07041  
973-671-0555**

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## **PREPARING YOUR CHILD FOR SURGERY**

Each child responds to a new experience in their own unique way. Most children will have some worries about their surgical procedure. It may be difficult and confusing as a parent to answer some questions. Here is some information that may help when talking to your child about his/her surgery and answering their questions.

### **Infants and Toddlers:**

Infants and toddlers may be the most difficult age group to prepare for a procedure due to their limited level of understanding and communicating. Children at this age fear separation from Mom and Dad. It may help your child if you bring a favorite blanket, pacifier, or stuffed animal to the Center on the day of surgery. Your child will need to know that Mom and Dad are nearby. Our clinical staff knows how important this is to you and your child. We will make every possible effort to limit the amount of time apart.

### **Ages 2-6**

Children ages 2-6 should be given truthful statements where they are going, why, and how long

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they will be there. Inform your child in simple words what can be expected to occur on the day of surgery. (Ex. Reading books together may help encourage questions.) Encourage your child to ask questions about the procedure and their worries.

## **Ages 6-12**

Children ages 6-12 are at a very curious stage of development. They will naturally ask a lot of questions and encourage them to do so. An honest explanation of what to expect after surgery is important. Books can be very helpful at this age. Encourage your child to write down questions and concerns which can be answered on the day of surgery by the doctor or nurse.

## **Teenagers**

Teenagers may not express feelings openly, they may internalize them. They worry about their appearance, missing school, activities, and sports. Talk to them about not being afraid to ask questions. Tell them no question is stupid and any staff member at the surgery center would be glad to answer their questions. Be sure to include your child in discussions and assure them all personal information will be kept private.

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The clinical staff at Short Hills Surgery Center is always available to answer any questions you or your child may have. Our goal is to make your child's surgery a positive experience.

You can contact us at 973-671-0555.

## PRE-OP INSTRUCTIONS

Please read the following instructions carefully and note any questions you may have, so you can ask the pre-op call nurse. The pre-op call nurse will be calling you one-two days prior to the procedure to go over your child's past medical history and answer your questions. If you make a note of your questions prior to the call you can be sure you get all the answers you need to make you and your child comfortable before surgery.

### **Eating Guidelines:**

It is very important that you follow the eating guidelines exactly in order to ensure your child's safety and that the procedure does not get cancelled.

The following are meant as guidelines only. The pre-op call nurse will go over your child's eating guidelines.

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Nothing to eat or drink after midnight the night before.

This includes:

- Solid foods
- Candy
- Gum
- Milk and milk products (i.e. Pudding, ice cream, yogurt)
- Hot or cold cereal
- Orange juice
- Any other juice containing pulp
- If your child is on formula and younger than six months, stop giving formula six hours before arrival at the center.
- If your child is on breast milk, please stop feeding four hours prior to your arrival at the center.
- If your child is under 5 years of age he/she may have clear liquids up until 4 hours of the procedure.

Clear liquids include:

- Water
- Apple juice
- White grape juice
- Popsicles
- Soda
- Clear broth
- Pedialyte
- Jello

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## **Jewelry:**

Please remove all jewelry from your child prior to coming to Short Hills Surgery Center. This includes earrings, rings, bracelets, necklaces, etc. Please leave items at home. These items tend to be very small and misplaced easily. To avoid this, we ask that you leave them at home.

## **Nail Polish and Make-up:**

Please remove your child's nail polish and make-up prior to your arrival at the center.

## **Glasses and Contact Lenses:**

Please have your child wear their glasses to the center and bring their eyeglass case with them for safe storage while in surgery. If your child wears contact lenses, please bring a storage case and saline to properly store the lenses.

## **Illnesses:**

If your child gets sick, please contact your primary care physician or pediatrician as soon as possible. If your child wakes up sick the day of surgery, you must contact the surgeon.

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## **Dress Attire:**

Please dress your child in comfortable clothes that are easy to change out of. Sweat suits and other cozy clothing work well. Anything that will make your child feel comfortable and relaxed before and after the surgery is a great choice.

## **Comfort Item:**

Your child may have a certain stuffed animal, toy, or blanket that makes them feel happy and safe. We encourage you to bring that item to the center on the day of surgery. If your child has a favorite DVD movie, please feel free to bring it. If there is waiting time while in the pre-op area or recovery room, portable DVD players may be available for your child's comfort.

## **IMPORTANT INFORMATION:**

- You must remain in the building while your child is in surgery and recovering. Please make arrangements to make sure you do not have to leave the building during this time.
- When you register at the front desk, both you and your child will be given an ID band for identification. Your child will only be discharged to the parent/guardian with the wrist band on.

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- Please bring your insurance card and identification when you come to the center.
- If the pre-op call nurse did not reach you or was unable to obtain a medical history of your child, please bring a list of their current medications along with dosage.

## QUESTIONS TO ASK:

- What can my child eat?
- How do I take care of the incision? Surgical site?
- What medications will my child be taking?  
Dosages?
- When can my child take a shower/bath?
- What should I do for my child's pain?
- How much activity is my child allowed to participate in?
- When can my child return to school?
- When should I call for a follow-up appointment?

Notes:

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## ANY QUESTIONS?

We would love to show you our center in advance of the surgery date. Please call and we can arrange a tour for you and your child.

Call the  
Pediatric Nurse Coordinator  
at:  
973-671-0588