



## Preparing Your Child For Surgery



**INOVA<sup>®</sup> FAIRFAX  
HOSPITAL FOR CHILDREN**

# Preparing Your Child For Surgery

Your child is scheduled for surgery. At Inova Fairfax Hospital for Children, we understand how important this is to both you and your child. Knowing more about the procedure and the hospital stay will help you prepare.

This brochure offers suggestions on how you can provide support to your child and how to prepare your child for surgery. It does not replace information given to you by your doctors, nurses or other healthcare team members.

## What is the Difference between Outpatient Surgery and Inpatient Surgery?

Outpatient surgery is when a child comes to the hospital, usually in the morning for a minor surgical procedure, and leaves the same day. Inpatient surgery is when a child stays in the hospital overnight, after his or her surgery. In most cases, if your child requires an overnight stay, he or she will be admitted to the hospital the morning of surgery. However, some children are admitted in an observation status and leave the hospital within 24 hours.



# Before Surgery

## When to Contact Your Child's Surgeon

Please contact your surgeon's office if you have any questions about the date and time of your child's surgery or the pre-surgical instructions. It is important to notify your surgeon if there is a change in your child's health before surgery. Contact your surgeon 48 hours prior to surgery if your child has a cold, cough, fever or flu-like symptoms.

## Pre-surgical Tours

Our dedicated team of caregivers provides a pre-surgical tour for you and your child to help ease anxiety about his or her upcoming hospital experience. During the tour, you'll meet the hospital staff, visit the pediatric unit, the Operating Room and other areas your child may come in contact with while he or she is a patient. Tours are held the second and fourth Wednesdays of each month from 6:30 – 7:30 p.m. To register for a pre-surgical tour or for more information, visit [inova.org/childtour](http://inova.org/childtour) or call 703-750-8805.

## Pre-surgical Phone Interview

Unless your doctor has already scheduled your pre-surgical appointment, you must call the Pre-surgical Scheduling office at 703-776-7037, between 8:30 a.m. and 5:00 p.m., Monday-Friday, to make an appointment for a telephone interview with a nurse. It is important that you call the Pre-surgical Scheduling office as soon as your child's surgery is scheduled in the event that further medical clearance is needed. Failure to make this appointment may delay the day or time of your child's surgery. In addition to a brief medical history during your interview, you will be asked the following questions about your child. Please have this information written down in front of you to tell the nurse during the interview.

1. What medications and dosage is your child currently taking?

2. What previous surgeries have been performed on your child?
3. What are the names and phone numbers of the doctors that your child routinely visits?

## Financial Arrangements

After your child's surgery is scheduled, you should call the Pre-surgical Scheduling office to determine if you may have your pre-operative testing at Inova Fairfax Hospital for Children. If you have an HMO, you are required to visit your child's pediatrician or family practitioner for pre-operative testing or to receive a referral to have your pre-operative testing completed at Inova Fairfax Hospital for Children.

Most health insurance policies have a coinsurance clause, a co-pay, and/or a deductible, which are the amount(s) not covered under insurance that you are required to pay toward your bill. We will try to contact you before your phone interview to let you know what your cost may be, however if we can't reach you, you should still be prepared to pay any applicable coinsurance, co-pay and/or deductible over the phone or when you check-in on the day of surgery. If you need to set up payment arrangements for your upcoming visit, please call 703-750-8848. Upon your child's discharge, if you need assistance regarding your bill, please contact our Patient Accounts Customer Service department at 703-321-2999.

In addition to the hospital bill, you will receive a bill from your child's surgeon, anesthesiologist and any other treating physician involved in your child's care during his or her hospital visit. If you have any questions regarding these bills, please contact their offices directly.

## How Do I Prepare For Surgery?

### Food and Drink

- The table in this section outlines the required NPO guidelines you should follow based on your child's age. NPO means "Nothing by

Mouth," including food and liquids. If your child should eat or drink within the required fasting period, the surgery may be postponed or rescheduled. Anesthesia cannot be given to your child unless they have an empty stomach.

- You will be given specific instructions about whether to give your child any medicines they usually take on the morning of surgery.
- If you have any questions regarding NPO requirements, please contact your child's physician, nurse or other healthcare team member.

## Nothing By Mouth Chart

Age	Solid Food/ Non-Clear Liquid	Clear Liquid*	Breastmilk	Formula
Younger than 6 months	No solid food for 6 hours before arrival	No clear liquid for 2 hours before arrival	No breastmilk for 4 hours before arrival	No formula for 6 hours before arrival
6 – 36 months	No solid food for 6 hours before arrival	No clear liquid for 3 hours before arrival	No breastmilk for 6 hours before arrival	No formula for 6 hours before arrival
3 – 12 years	No solid food for 8 hours before arrival	No clear liquid for 3 hours before arrival	N/A	N/A
Older than 12 years	No solid food for 8 hours before arrival	No clear liquid for 4 hours before arrival	N/A	N/A

\*Examples of clear liquids include water, clear fruit juice without pulp (please, no orange juice), popsicles, carbonated beverages, clear broth, clear tea and Pedialyte®. The last drink you give your child cannot be more than 8 ounces (one cup).

## Other Preparations

- Remove all jewelry, including all piercings.
- Remove all nail polish and make-up.
- Do not bring any valuables to the hospital.
- Bring a container for eyeglasses or contact lenses. If your child wears contacts, consider using glasses during the hospital stay.
- Bathe your child the night before or morning of surgery. Place your child in clean clothes and sleep on clean sheets. Do not use any lotions, colognes, powders, deodorant or hair products.
- If your child has long hair, braid it before surgery and secure with a rubber band (no metal clips).
- Have your child wear comfortable clothes.
- You may bring a favorite toy or blanket that helps your child go to sleep or feel comfortable. Please label it with your child's name. Wash blankets and toys before bringing them to the hospital.

## Day of Surgery

### How Do I Get To The Hospital?

On the day of surgery, follow the directions and map listed in the back of this booklet. Use the GRAY hospital entrance and drive to the Inova Fairfax Hospital Ambulatory Surgery Center circular driveway to valet park. Parking is \$5.00. If your child is having outpatient surgery, you may request a voucher in the PACU which can be redeemed at the valet stand for reimbursement.

Enter the Ambulatory Surgery Center and check in at the Registration Desk. You'll be given a pager by the registration staff which will notify you when your child's surgery is finished.

Following surgery, if your child requires an overnight stay, you may park in the BLUE garage, located closest to the BLUE hospital entrance, with easy access to Inova Fairfax Hospital for Children. Parking is \$5.00 per day.

## Should I Bring Anything To The Hospital?

You may want to bring a comfortable bathrobe, slippers and other personal items for your child to use during his or her hospital stay. Special toys, books for quiet play or videos/DVDs are good choices. To help your child cope with hospitalization, feel free to ask for help from the Child Life specialist. Through medical play and distraction techniques, these specially trained employees can help you and your child prepare for procedures, and better understand what is happening.

## Where Will My Child and I Go Before Surgery?

Your child will be taken to the pre-operative area where he or she will be assessed and prepared for surgery by the pre-operative nursing staff. When accompanying your child to the pre-operative area, please do not bring food or beverages with you. In the pre-operative area, you and your child will meet the Operating Room (OR) nurse, anesthesiologist and surgeon. Your child will then be taken to the Operating Room by the OR staff and one parent is permitted to accompany your child until he or she falls asleep. You will then be directed to the surgical waiting area until your child's surgery is completed.

## How Long Will The Surgery Take?

The total length of stay varies with each child and depends in part on the type of procedure and the time it takes your child to recover. Please do not schedule other appointments or activities for the day of surgery. When it is time to go to the OR, it is not uncommon for a child to want to stay with their parents as long as possible before a procedure begins. Please know that our staff is very experienced in comforting children during separation. To help make it easier:

- Be honest with your child.
- Let your child know where you will be waiting. Reassure your child that you will see him or her when the procedure is over.
- Allow your child to express his or her feelings, even if he or she wants to cry.

# After Surgery

## Where Will My Child Go After Surgery?

After surgery is completed, your child is brought to the Post-Anesthesia Care Unit (PACU) and the surgeon settles in your child before meeting you. Once your child is awake in the PACU, the nursing staff will bring you to see your child. We ask that only parents visit their child in the PACU. Grandparents, siblings and other visitors should remain in the waiting area.

When your child is fully awake, recovered and a hospital room is available, he or she will be taken to a room until he or she is ready to return home. Depending on your child's age and recovery needs, he or she will be placed on the Medical/Surgical Unit, Pediatric Intensive Care Unit (PICU) or Adolescent Unit. To get to the Medical/Surgical Unit or PICU, follow signs to the Inova Fairfax Hospital for Children BLUE elevators. Take the BLUE elevator to the fifth floor. Follow signs to the Medical/Surgical Unit or the PICU. The Adolescent Unit is accessible via the GRAY elevators in the Inova Fairfax Hospital Tower Building. You will be able to see your child once they are settled in and monitored in their room.

## Can I Stay With My Child In The Hospital?

Yes, you may stay with your child. Parents are welcome in the Medical/Surgical Unit, PICU or Adolescent Unit 24 hours a day. If your child is scheduled to stay overnight, one parent may sleep near their child at night. Child Life specialists are available on all units to help your child and family by easing anxieties about illness and the hospital experience.

### Medical/Surgical Unit, PICU and Adolescent Unit Visiting Hours

Parents: 24 hours a day

Other Visitors: 8:00 a.m. to 8:00 p.m.

On the Inova Fairfax Hospital for Children campus is the Ronald McDonald House, which is open to parents and families of hospitalized children who live more than 25 miles from the hospital. Rooms are available based on space and other criteria. For more information about the Ronald McDonald House, contact the social worker.

## How Do I Help My Child With Pain?

Each child feels pain differently, so we cannot know exactly how your child will feel. We use several types of medicines to help ease the pain. We have to be careful not to affect your child's breathing with these medicines. Sometimes pain is not just from surgery, and can occur from sources such as gas, muscle aches, etc.

We ask that you help your child by telling their nurse when they experience pain. You can also help by:

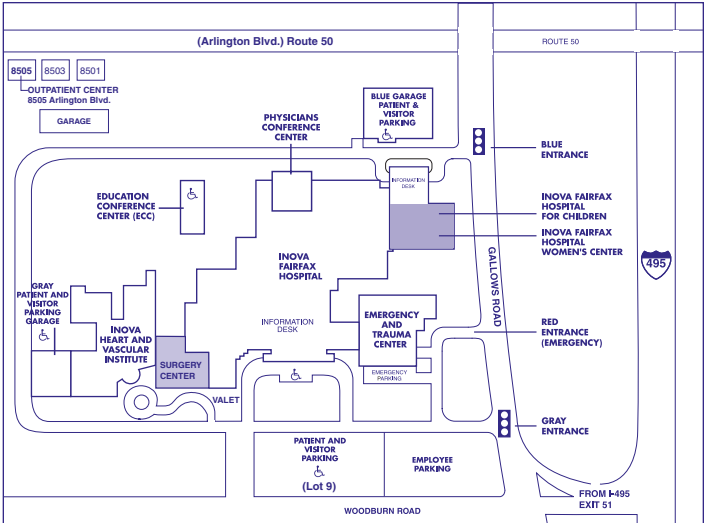
- Positioning your child comfortably
- Holding your child when able
- Stroking and softly touching your child while speaking softly
- Using distraction techniques, such as playing, singing, watching movies
- Telling your child when you will be there and when you will not
- Offering choices, if possible
- Encouraging your child to move and walk
- Allowing for adequate sleep

## What Is My Role During My Child's Hospital Stay?

Your role as a parent in the hospital can be different than that at home. Immediately following surgery, your job is to support and love your child by talking and gently comforting. You will be asked to make decisions as needed. Many times, the medical team makes the daily plan based on your child's status. As your child improves after surgery, you will be able to take on your more usual roles, such as feeding, holding, diapering, playing and disciplining.



# Directions and Campus Map



## 50 West from DC or Arlington

Pass under 495 and exit 650/Gallows Road. Bear left off exit and turn left at light onto 650/Gallows Road.

## 50 East from Virginia

Proceed to 650/Gallows Road exit. Turn right onto Gallows Road.

## 95 North from Virginia

Proceed to Exit 170B, 495 North. Take Exit 51, 650/Gallows Road. Turn left at the light onto Gallows Road.

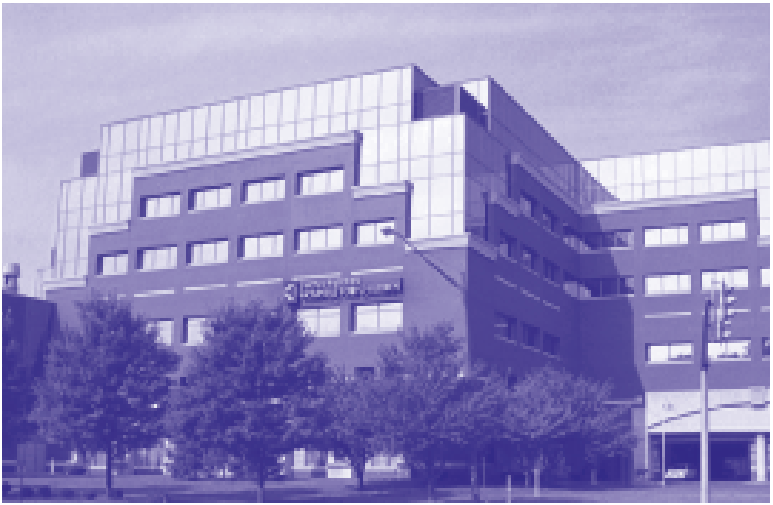
## 66 West from DC or Arlington

Proceed to Exit 64, 495 South. Take Exit 51, 650/Gallows Road. Bear right off exit, and proceed to the left lane on Gallows Road.

## 66 East from Virginia

Proceed to Exit 64, 495 South. Take Exit 51, 650/Gallows Road. Bear right off exit, and proceed to the left lane on Gallows Road.

From Gallows Road, turn into the GRAY hospital entrance and drive to the Inova Fairfax Hospital Ambulatory Surgery Center circular driveway to valet park. Parking is \$5.00. Enter the Ambulatory Surgery Center and check in at the Registration Desk.



**At Inova Fairfax Hospital for Children,  
our commitment is to provide world-class  
care in a child-friendly environment, close  
to home.**

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

[inova.org/children](http://inova.org/children)



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