

# Preparing for Your Child's Procedure

Inova Children's Services

## Welcome

Thank you for choosing Inova for your child's upcoming procedure. We strive to provide the highest quality care in a safe environment. At Inova, you will always be treated with compassion and concern.

This guide provides information on how to prepare for your child's procedure, what to expect once you arrive at the hospital and how to plan for your child's care after the procedure. If you have additional questions, please speak with your surgeon, proceduralist or the care team member who interviews you prior to your procedure.

### Your First Steps

Once your child's procedure has been scheduled, please contact your care site's Inova Pre-Procedural Evaluation Clinic to schedule your child's pre-procedural interview.

- Clinic phone numbers can be found on page 2.
- The pre-procedural interview usually takes 30 to 90 minutes and may be by phone or in person based on your child's needs.
- Please let us know if you need an interpreter at the time of scheduling.

During your pre-procedural interview or visit, a care team member will:

- Review your child's medical history and medications
- Determine any tests your child will need before the procedure
- Provide important instructions to prepare your child for the procedure and anesthesia
- Answer your questions

## Inova Pre-Procedural Evaluation Clinic Preparation

**Inova Pre-Procedural Evaluation Clinic Appointment Date:**

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**Inova Pre-Procedural Evaluation Clinic Appointment Time:**

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**Inova Pre-Procedural Evaluation Clinic:**

Inova Fairfax Medical Campus: 703.776.2000

Inova Fair Oaks Hospital: 703.391.4362

Inova Loudoun Hospital: 703.858.6768

Inova Alexandria Hospital: 703.504.7880

Inova Mount Vernon Hospital: 703.664.7545

## Before Your Interview or Clinic Visit

Prepare for your child's interview/visit by:

- Completing the pre-procedural appointment worksheet below. Please have it available for your scheduled phone interview or bring it to the pre-procedural visit.
- If you have access to MyChart, please complete your child's medical history online. To log in to your child's account, please visit [inova.org/mychart](http://inova.org/mychart).

## Inova Pre-procedural Evaluation Clinic Appointment Worksheet

**Your child's current medications including over-the-counter medications, prescriptions, vitamins or electrolytes:**

Name of Medicine

Dose

Scheduled Time

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**Your child's previous procedures and surgeries requiring anesthesia:**

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**Names of pediatrician and other specialists your child sees:**

Physician's Name

Specialty

Phone Number

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## Important Instructions Before Your Child's Procedure

Contact your child's surgeon or proceduralist in the event that your child's procedure needs to be rescheduled or canceled. If your child becomes ill or has a fever, please call the surgeon before the scheduled procedure. Do not wait until the day of the procedure.

The following instructions are important for your child's safety. Please follow all instructions carefully.

Follow the fasting instructions for procedures requiring anesthesia or sedation as outlined below. If your child does eat or drink within the required fasting period, the procedure may be postponed or rescheduled. For safety reasons, anesthesia cannot be given unless your child has an empty stomach.

Solids	Clear Liquids or Ice Chips	Breast Milk	Infant Formula	Nonhuman Milk
No solid food after 11 p.m. the night before the procedure.	Your child may have "clear" liquids or ice chips up to 2 hours prior to the specified arrival time.  Examples of clear liquids include water, apple juice, Pedialyte and sports drinks such as Gatorade.	Feeding must end 4 hours prior to the scheduled procedure time.  <u>Do not</u> add cereal or thickeners.	Feeding must end 6 hours prior to the scheduled procedure time.  <u>Do not</u> add cereal or thickeners.	Feeding must end 6 hours prior to the scheduled procedure time.  <u>Do not</u> add cereal or thickeners.

- Unless given specific instructions by your child's surgeon or pre-procedural provider, please follow the pre-procedural skin preparation instructions on page 4.
  - Do not shave or use hair removal products for 24 hours prior to surgery.
  - Do not apply lotion, perfume, cologne, spray-on products or makeup.
  - A parent/guardian valid photo ID is required. Please also bring the child's insurance and pharmacy card(s) and a form of payment (check, cash or credit card).
  - Please leave the child's valuables and jewelry at home. Remove all piercings and rings.
  - Please leave your child's contact lenses at home. If your child wears glasses, please bring a case.
  - If your child wears hearing aids or a removable orthodontic appliance (e.g., a retainer), please bring a case with your child's name and date of birth.
  - Please bring any special devices, medical equipment or foods your child may need due to restricted diet or allergies.
  - Children may bring a small toy (e.g., doll, blanket or stuffed animal).
  - Please launder all cloth items before bringing them to the hospital.
  - Dress your child in loose-fitting and comfortable clothing.
  - If you are not the child's biological parent, please bring guardianship documentation.
  - Only the child's parent(s) or legal guardian(s) should accompany the child the day of surgery. Please do not bring siblings or other family members.
  - In preparation for your child's procedure, scheduled tours with a certified child life specialist are often available. Your child will have the opportunity to see, hear and touch medical equipment, ask questions and meet care team members. To confirm availability and schedule a tour, please call:
    - ☐ Inova Fairfax Medical Campus: **706.776.5789**
    - ☐ Inova Loudoun Hospital: **706.858.6937**
  - To ease fears and anxiety, we recommend reading books or stories about going to the hospital before the scheduled procedure. A list of resources can be found on page 8.
- Patients under 18 years of age must be accompanied by a parent or legal guardian for all required pre-procedural testing and the scheduled procedure. On the day of the procedure, the guardian must be present to sign a consent form and must remain in the hospital throughout the procedure.

## Pre-Procedural Skin Treatment Instructions

Do not use CHG solution on infants younger than 2 months or on children with broken/sensitive skin conditions (e.g., eczema). Please contact your surgeon for further instructions.

To reduce risk of infection at the surgery site, it is very important to clean your child's skin at home with a special germ-killing cleanser before surgery. Please follow the instructions below to safely clean your child's skin with 4% chlorhexidine gluconate (also known as CHG).

### Where to Find CHG

You do not need a prescription to buy CHG anti-microbial solution. You can purchase CHG solution at your local pharmacy; ask the pharmacist or tech for assistance. Some brand names for CHG include Hibiclens, Hibistat, Exidine and Hex-A-Cleans.

You will need two to four ounces of the solution for each shower.

### How to Use CHG at Home

- Use the CHG solution in the shower. Do not use it in a bathtub.
- Use CHG the evening before surgery and the morning of surgery, for a total of two showers at home.
- **If your child is having spinal or joint replacement surgery**, use CHG two evenings before surgery and on the morning of surgery, for a total of three showers at home.

### How to Clean the Skin with CHG Solution

1. For the first evening shower, first wash your child with your child's regular soap and shampoo.
2. Before applying the CHG solution, ensure that your child has completely rinsed the regular soap and shampoo from your child's hair and body.
3. With the shower water turned off, apply the CHG solution to the body with your hands. Please avoid the face, hair and genitals.
4. Clean the surgery site for about three minutes. If your child is applying the CHG solution and cannot reach the surgery site, please help your child with bathing. Please ensure that you have thoroughly cleaned your hands before assisting.

5. Once the CHG has been applied to the skin and three minutes have passed, turn the water back on and rinse the CHG solution off of the body.
6. Completely dry the skin with a fresh, clean, dry towel.
7. Do not use lotions, powders, perfumes or deodorants.
8. Dress your child in fresh, clean pajamas or clothing.
9. **If your child is having spinal or joint replacement surgery**, repeat the process outlined above for the second evening shower.
10. For the shower taken on the morning of the surgery, follow the instructions above but do not use regular soap or shampoo – only use the CHG solution.

### CHG and Hair Removal

- CHG may irritate recently shaven skin. Your child should not shave or use hair removal products for 24 hours prior to surgery.
- If your child chooses to shave before the 24-hour window, please shave prior to applying the CHG solution to avoid skin irritation and hair clippings sticking to the skin.
- If hair removal is necessary for the procedure, it will be done by the surgical team in the operating room (OR).

### CHG Cautions

- Do not use CHG solution on infants younger than 2 months or on children with broken/sensitive skin conditions (e.g., eczema). Please contact your surgeon for further instructions.
- If redness or skin irritation occurs from using CHG, stop using the solution and contact your child's surgeon.
- Do not apply CHG to the face, hair or genitals.
- Only use the CHG solution in the shower. Do not use it in a bathtub. If it is not possible for your child to shower, contact your surgeon's office for further instructions.

## Day of Your Child's Procedure

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

Procedure Date: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

## Procedure Location

**Inova Fairfax Medical Campus:**

- Inova L.J. Murphy Children's Hospital
- Inova Fairfax Hospital Surgery Center
- Inova Professional Services Building Surgery Center (third floor)
- Inova Woodburn Surgery Center
- Inova Schar Cancer Institute

**Inova Loudoun Hospital**

**Inova Fair Oaks Hospital**

**Inova Alexandria Hospital**

**Inova Mount Vernon Hospital**

## Day of Surgery

### Anesthesia

The anesthesiologist will determine the safest method of anesthesia for your child's surgery. In younger children, anesthesia is often first delivered through a face mask. After the child is asleep, an intravenous line (IV) is inserted into a vein. Older children and teenagers often receive an IV first. There are numbing medications and other pain management tools available to help reduce discomfort your child may experience during the IV placement.

### Talking to your child about anesthesia

When children do not understand a procedure, they may have fears about what might happen. They may worry that they will be awake during the procedure and feel pain, or that they might not wake up from the anesthesia. Some children may also fear losing control or dislike the sensation of having a mask on their face. By explaining the procedure appropriately

to your child, you can help minimize fears and anxiety. Here are some helpful tips:

- Give honest, simple explanations. If you don't know the answer to a question, it is okay to say, "I don't know, but I will find out."
- Explain to your child that **receiving anesthesia is not the same as falling asleep at night or taking a nap. Anesthesia is controlled by medicine, not from being tired.** The anesthesiologist will ensure your child is under anesthesia for the entire surgery, does not feel anything and wakes up without memory of the procedure.
- Emphasize that your child will wake up after the surgery when the anesthesiologist stops administering the anesthesia medicines.
- Visit [inova.org/prepare](https://www.inova.org/prepare) to watch a pediatric pre-procedural video.

## Day of Surgery Care Team

- **Anesthesiologist** – An anesthesiologist is a doctor who provides a safe and comfortable surgical experience and will care for your child throughout the procedure. Our anesthesiologists have specialized pediatric training.
- **Certified nurse anesthetist** – A certified nurse anesthetist may support the anesthesiologist in caring for your child in the OR.
- **Surgeon** – The surgeon performs the procedure.
- **Nurse** – A nurse will prepare your child for surgery and will also be present in the recovery area after surgery. An OR nurse will assist the surgeon during the procedure.
- **Clinical technician** – A clinical technician will assist the nursing team in caring for your child.
- **Child life specialist** – A child life specialist may be available to help prepare you and your child for the surgery or provide additional support during the anesthesia induction.

## The Caregiver's Role

At Inova, we believe that parents and caregivers play a significant role in their child's surgical experience. When it is time to go to the OR, it is common for a child to want to stay with a parent or caregiver for as long as possible. Our team is very experienced in comforting children during separation. To help make it easier, you can:

- Tell your child what to expect using honest, gentle language
- Reassure the child that you will be waiting and there when your child wakes up

One caregiver can often accompany the child into the OR. However, this is determined on a case-by-case basis by the anesthesiologist. A caregiver is generally not allowed to be present during anesthesia induction in the following circumstances:

- The child is younger than 12 months of age.
- The child is heavily sedated from premedication
- The caregiver is pregnant (to avoid unnecessary exposure to the anesthesia medicine).
- The child prefers not to have a parent or caregiver present.
- The procedure is being done on an emergency basis

Accompanying your child into the OR is an individual choice. If you do not feel comfortable or able to remain calm to support your child, please let us know. Our team is dedicated to comforting and caring for your child and supporting you.

## Recovery

### Pain Management

We are committed to minimizing pain and keeping your child as comfortable as possible. Pain or discomfort after the procedure is to be expected and is a normal part of the healing process. To control pain and ensure comfort, appropriate pain medications will be given based on your child's needs. You can also help your child by:

- Providing a soft, comforting touch
- Speaking in a soft, soothing voice
- Positioning your child comfortably
- Encouraging your child to tell you or the nurse when your child is feeling uncomfortable
- Listening to your child's cues and validating your child's feelings
- Holding or sitting with your child when appropriate
- Using distraction techniques (e.g., singing, watching movies, blowing bubbles)
- Helping your child self-soothe through deep breathing
- Offering choices, where appropriate
- Encouraging your child to move and walk, when appropriate
- Allowing for adequate rest

### Discharge Home

- The average recovery period is typically two to four hours, but it may be longer based on the specific surgery or procedure and its potential side effects. If your child needs to stay in the hospital after surgery, your child will be taken to a room as soon as one is available. We strongly encourage one parent to stay overnight with the child to make the experience more normal and comfortable.
- Before discharge, you will be provided with instructions and prescriptions from your child's surgeon. We will ensure that you are well prepared to support your child's recovery at home.
- Pharmacy Plus, the Inova Fairfax Medical Campus retail pharmacy, can fill any prescriptions before you leave. You will be given more information about Pharmacy Plus before discharge.
- It is normal for children to demonstrate temporary behavioral reactions after surgery or hospitalization. Common reactions can include regression (e.g., thumb sucking or bed wetting) or a change in eating habits. If you notice a change in your child's normal behavior, validate your child's feelings and offer emotional support. Reassure your child and try to keep your routine as normal as possible. Having an ongoing conversation and allowing your child to express his or her feelings is the best way to uncover possible misconceptions and fears. If behavioral changes persist, we encourage you to contact your child's pediatrician.

## Resources

Reading books about the hospital can help familiarize children with what they might experience and presents an opportunity for open discussion. Hospitalized children will experience many different feelings, and assuring them that these feelings are normal will encourage them to share openly with trusted family and caregivers. Addressing their concerns like the characters in these books do can also help ease fears.

### General

- "Franklin Goes to the Hospital," by Paulette Bourgeois
- "Rita Goes to the Hospital," by Martine Davison
- "Surgery Day," by Julie Kaderabek and Laura Wolfe
- "A Big Operation," by Richard Scarry
- "A Sleepy Tale: My First Surgery," by Jennifer Maziad
- "Curious George Goes to the Hospital," by H. A. Rey and Margret Rey
- "Going to the Hospital (Usborne First Experience)," by Anne Civardi

### Tonsils

- "Let's Talk About When You Have Your Tonsils Out,"  
by Melanie Apel Gordon
- "Goodbye Tonsils," by Juliana Lee Hatkoff and Craig Hatkoff
- "A Visit to the Sesame Street Hospital," by Deborah Hautzig
- "Going to the Hospital," by Fred Rogers

### Ear Tubes

- "Going to the Hospital," by Anne Civardi
- "Tubes in My Ears: My Trip to the Hospital," by Virginia Dooley
- "Koko Bear's Big Earache," by Vicki Lansky
- "Chris Gets Ear Tubes," by Betty Pace

### Facial Surgery

- "Rhino," by Sheila Solomon Klass



## Understanding Your Procedure Bills and Fees

- Before your procedure, Inova's financial services department will:
  - Verify your coverage and benefits
  - Obtain required authorization from your insurer
  - Help you to understand your expected financial liability
  - Set up any financial arrangements
- If we are unable to reach you, please be prepared to pay any applicable copay or coinsurance on the day of your procedure.
- Cosmetic procedures must be paid for in advance.

### **Expect to receive several bills after surgery.**

- Your surgical care providers will first bill your insurance company for the costs associated with the surgery or procedure.
- You will receive a bill for any remaining balance, such as a deductible cost, copay or coinsurance.
- You will receive separate bills from providers of the surgical team. They may include:

### **Your hospital bill:**

- This is a facility bill from the hospital or surgery center at which the procedure or surgery was performed. This bill will reflect expenses for staff, supplies and equipment used for the surgical services provided.
- Questions and payments regarding the bill should be addressed directly to the hospital/facility named on your bill. Or, you may call Inova's central billing office at **571.423.5750**.

### **Your surgeon's bill:**

- Questions regarding this bill should be addressed to the specified surgeon named on your bill.

### **Your anesthesiologist's bill:**

- This is a bill for the anesthesia services your child received during a procedure, provided by an anesthesiology partner.
- Questions regarding this bill should be addressed to the specified anesthesiology group named on your bill.

# Inova L.J. Murphy Children's Hospital

## Inova Fairfax Medical Campus



## Parking Information

**Inova L.J. Murphy Children's Hospital**  
3300 Gallows Rd., Falls Church, VA

Parking on the Inova Fairfax Medical Campus costs \$5 per day. A \$20 prepaid 10-visit pass is available for purchase in the hospital gift shops.

One complimentary parking pass will be provided for immediate family on the day of surgery.

### Getting to Inova L.J. Murphy Children's Hospital

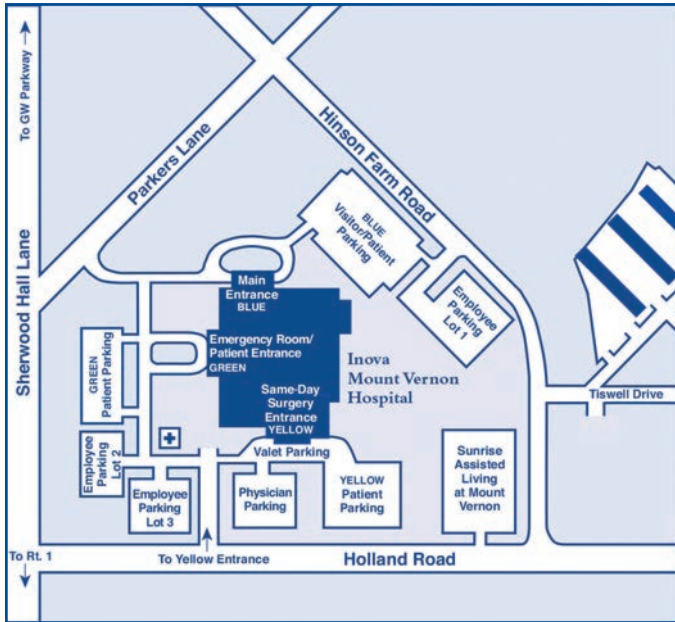
- From Woodburn Road, enter the hospital campus via Wellness Boulevard.
- Turn right after the second stop sign into the Inova Fairfax Hospital Surgery Center entrance for patient drop off.

- On the day of surgery, park in the **Gray garage** on the right past the surgery center entrance.
- Enter via the Inova Heart and Vascular Institute entrance on the ground floor. Walk to the surgery center.
- Once you enter the surgery center, the check-in desk is located on the left.
- For visits after surgery, please park in the **Green garage** and enter via the main Inova L.J. Murphy Children's Hospital entrance.
- For pediatric imaging, park in the **Blue garage** and enter via the Inova Professional Services Building. Follow signs for pediatric imaging.



# Preparing for Your Procedure

## Inova Mount Vernon Hospital



**Inova Mount Vernon Hospital**  
2501 Parkers Ln., Alexandria, VA

Complimentary patient and visitor parking is available on the Inova Mount Vernon Hospital campus.

For the most current information regarding parking and valet services, please visit [inova.org/imvh](http://inova.org/imvh).