

What to Know for Your Child's Upcoming Surgery

A hospital visit can be an anxious time for both you and your child. This letter has been designed to help organize important information and help you decide what to bring to the hospital. At Boys Town National Research Hospital, we want your child's hospital stay to go smoothly and for everyone's time here to be as comfortable as possible.

What to Expect Before Surgery

The following are helpful tips to help prepare yourself and your child for surgery.

- Verify pre-authorization with your insurance company.
- Schedule your child's history and physical appointment with your primary doctor. This needs to be completed 30 days before surgery, but it is helpful when done as soon as possible and not close to the surgery date. This allows our pre-admission department the proper time to receive and review the information.
- Make hotel arrangements if needed. Parents are allowed to stay at the hospital and a bed will be provided. If you are from out of town and will be bringing other siblings with you, one parent will need to stay at the hospital with your child while the other can take the other siblings to stay elsewhere. (A list of hospital discounts available at local hotels is included.)
- Try to keep your child away from others with cold or flu-like symptoms. The doctors will want your child to be as healthy as possible to avoid any cancellations should your child become ill.
- Avoid all secondhand smoke exposure.
- Do not have your child's immunizations given just before surgery.

Eating and Drinking Before Surgery

In order to keep your child safe during surgery, the anesthesiologist has ordered your child not to eat or drink anything for a period of time before going to surgery. A preoperative nurse will call you approximately two days before your child is scheduled for surgery and will give you the exact times when he/she needs to stop eating and drinking.

Checking into the Hospital

- The preoperative nurse will give you instructions about where to check in. After checking in, you will be taken to a private patient room for the duration of your child's stay. The room has a television with a VHS/DVD player, wireless internet is available upon request and a waiting area with a television will be available for additional guests.
- Hospital pajamas will be provided for your child to change into. Your floor nurse will meet with you to admit your child for surgery and will ask when your child last ate and drank, as well as confirm any medications that your child takes.
- Your child will be given a preoperative medication. This is an oral medication that has been prescribed for your child by the anesthesiologist.
- Your child will have an IV started. This is where a catheter is inserted into the vein so that fluids and medications can be delivered to your child. It will be started in the operating room after they are asleep. Your child will not feel it being inserted; however, it will be there when they wake up and will remain until they are discharged home.