



Your Surgery

At Credit Valley Hospital

Welcome to the hospital!

Meet your Child Life Specialist

Like a teacher for the hospital, the child life specialist helps to make sure you know what to expect, and helps to make the hospital feel less scary for kids and their families.



Hi!
I'm Alexx and I am a **Child Life Specialist**. I am here to teach you all about your surgery and what to expect on surgery day!

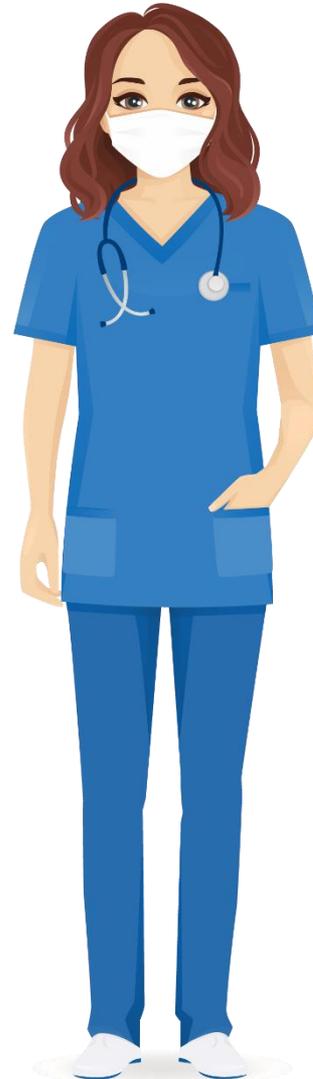
Help us keep the hospital safe for everyone!

You will need to do three things as soon as you enter the hospital to make sure you and other patients stay safe:



Do you know what surgery means?

Surgery is when a doctor – called a **Surgeon** – fixes something inside your body that cannot be fixed by only medicine.



Name:

Birthday:

ID Bracelet

You will get a green bracelet for your wrist. People will ask to see it many times on surgery day!



After you get your green bracelet, you will go to the third floor, to **Surgery Check-In.**



You will also get to change into some striped hospital pajamas.

They are very clean, and really soft!



Time to wait!

Waiting for your turn can be boring.

Helpful hint: Pack a backpack the night before surgery with activities from home to keep you busy!

Ideas:

- Colouring
- iPad/Tablet
- Small toys
- Favourite book
- Cards

You can even play Eye Spy or Rock, Paper, Scissors!



Before surgery, you will get a check-up in a room that looks like this:



Things you will see during your check-up:

Stethoscope

The nurse may put this on your stomach, chest or back and ask you to take some deep breaths in and out.



Thermometer

The nurse will check your temperature by asking you to put a small part of the stick under your tongue.



Things you will see during your check-up:

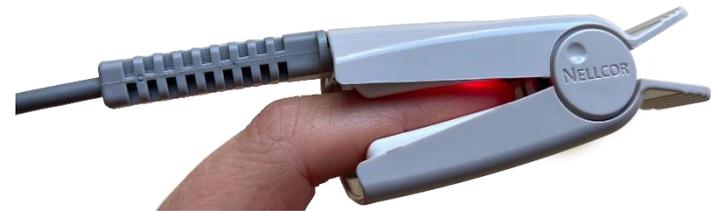
Blood Pressure Cuff

This gets wrapped around your muscles and gives your arm a BIG hug – like a big bear hug!



Pulse Oximeter

This is gently put on your finger for a few seconds. It's like a soft bed for your finger! It is important that you hold your hand still.



Before your surgery, you will meet 3 important people:

Surgeon



This doctor is in charge of doing your surgery and answering any questions you or your family member have before.

Anesthesiologist



This doctor's job is to make sure that you fall asleep before your surgery and wake up when it is done.

Nurse



A nurse will walk you to the OR and help the surgeon and anesthesiologist during surgery.

Personal Protective Equipment

The **operating room** – also called the OR - must always stay very clean, so only people wearing special hospital clothes can go inside.

You may even see your doctors or nurses wearing something like this:

We call these clothes
“PPE” or
Personal Protective
Equipment



This means...



When it is time for surgery you will give your family member a **big hug!**

You will be able to see them as soon as you wake up!



The Operating Room (OR)

This is what an OR looks like – there will be a bed for you to lay on, lots of computers, lights, and other machines.

Remember, lots of surgeries happen in that room so not all of the equipment will be for you!

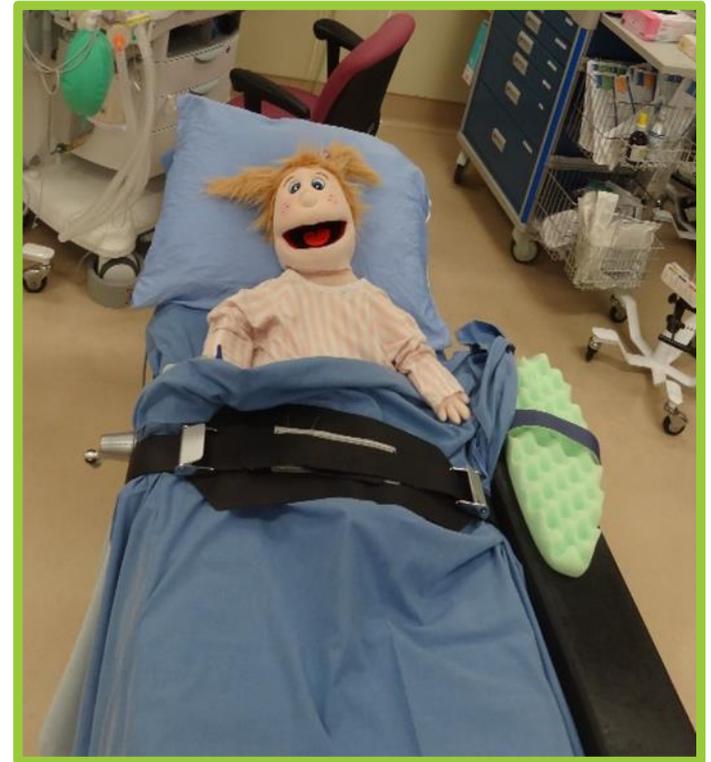


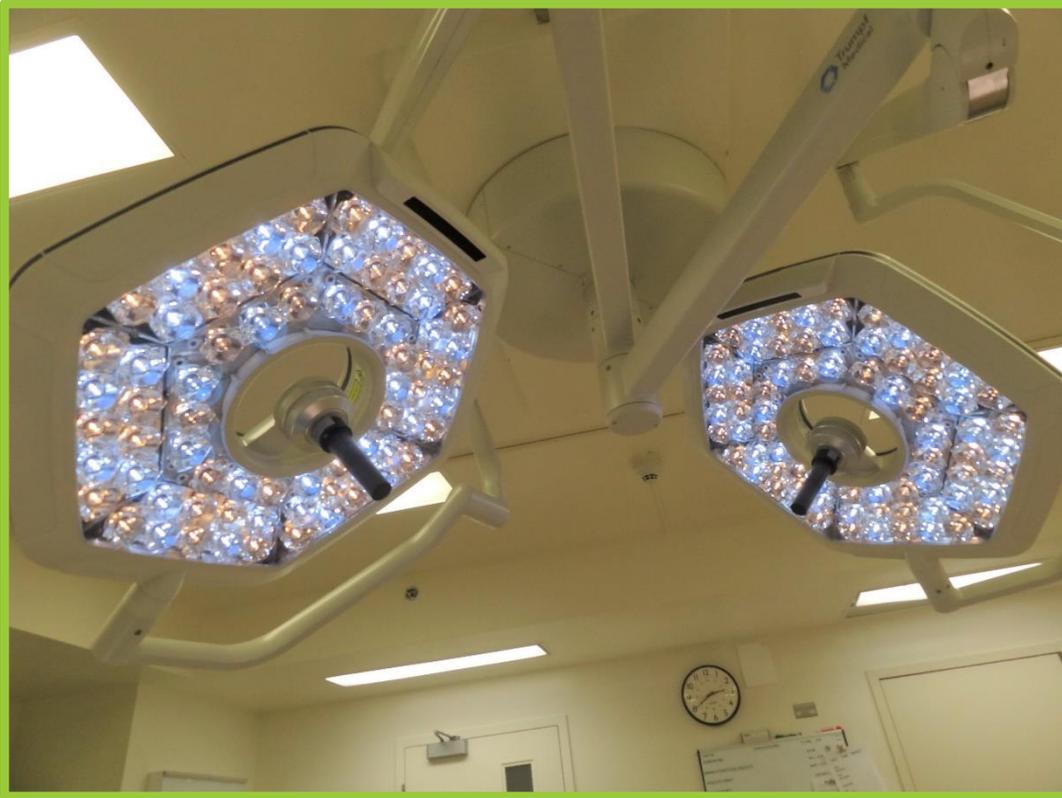
This is what the bed looks like:

It doesn't quite look like your bed at home.

It is a small bed with a seat belt to make sure you feel secure!

You also get a warm blanket to keep you cozy during surgery.





When you get on the bed and look up, you will see some big lights.

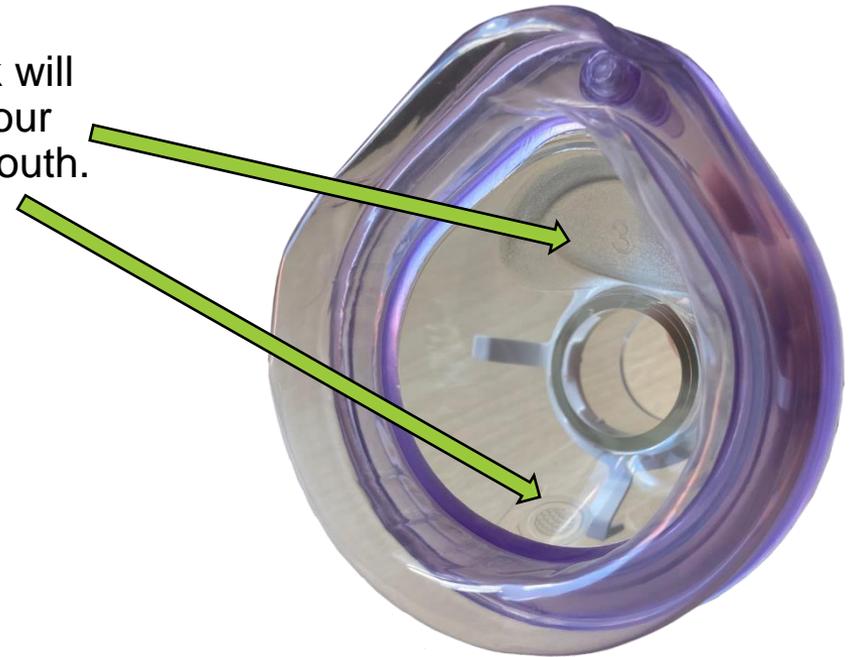
They help the Surgeon see really well while you are sleeping.



The Anesthesia Mask

This is the mask the **Anesthesiologist** will use to give you your special sleep medicine.

The mask will go over your nose & mouth.



The part that touches your face feels soft and squishy.

Remember, sleeping for surgery is different than sleeping at bedtime.

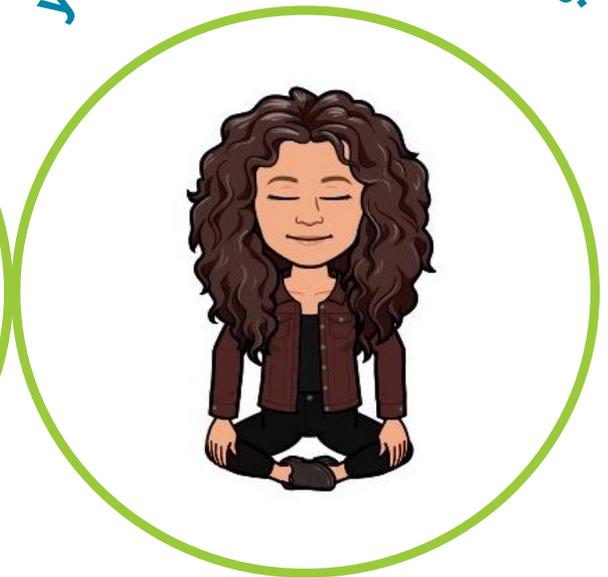
You won't get hungry,



You won't get thirsty,



You won't feel anything.



Time for your mask!

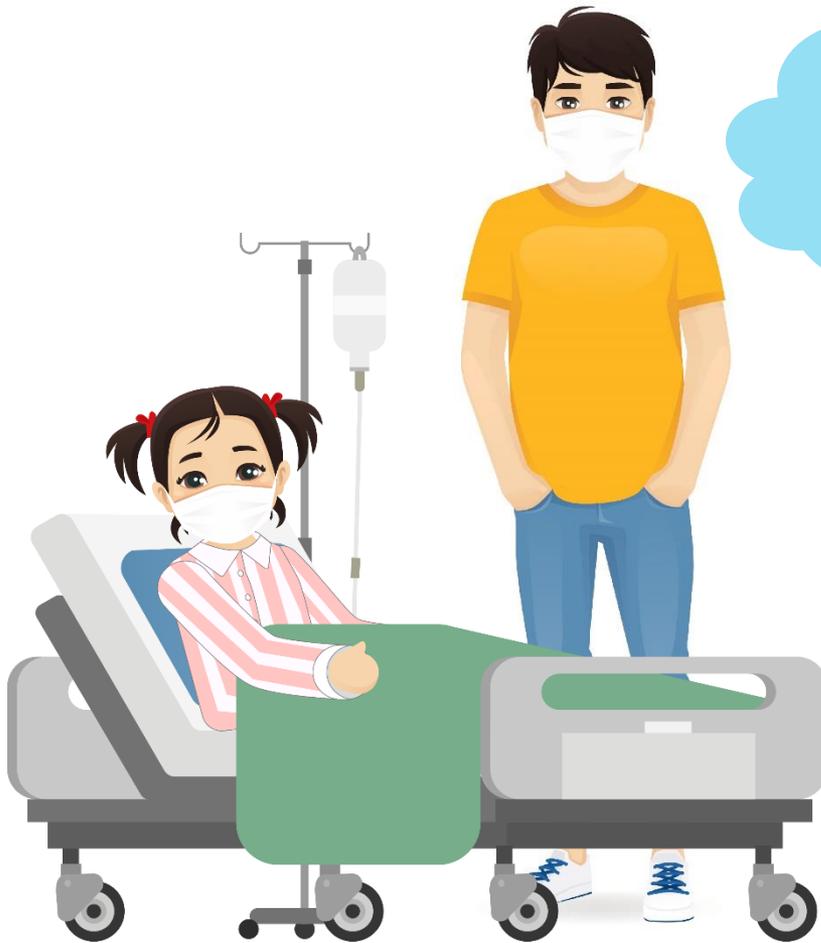


When you lie down, remember to:

1. Stay still like a statue,
2. take deep breaths when the sleep doctor puts the mask on, and
3. dream of all the popsicles you'll eat when you wake up!



Recovery Room



Here you will
wake up and see
your parent!



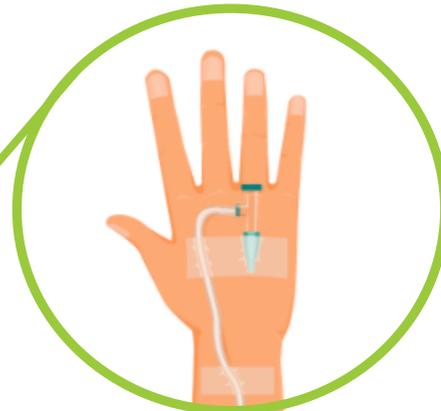
When your surgery is done, you will be moved to the **recovery room** – also called the “wake up” room.

Your nurse will take the sticker off before you go home.



Intravenous, or “IV”

You will see a special sticker on your hand when you wake up.



Underneath is a little straw that gives your body water and medicine.



Once you are more awake, you will be moved to the **surgical day unit** with your parent.

It's important for you to rest and drink water to help your body feel strong enough to go home.

You may also get medicine to make sure you feel good and that there is no pain.



Some kids tell me eating **popsicles** after surgery is the best part of the day!

Hospital Sleepover

Sometimes kids have a sleepover at the hospital after surgery.

This sleepover will be on 2A – a special unit for children!

Here are some reasons why you may need to sleepover:

- If you're not able to drink enough;
- For extra care from your doctor or nurse; or,
- If you are not feeling well enough to go home.



We have many things for you to enjoy during your stay:

Colouring



Video Games



Toys



Books



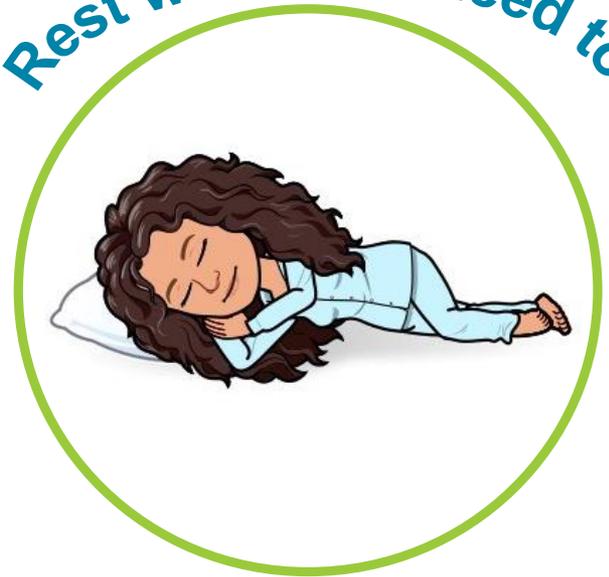
At Home

When you go home, make sure to:

Listen to your body



Rest when you need to





Great work! You did it!

