



# **Your Child's Surgery at Bronson**

# Welcome to Bronson Children's Hospital

Thank you for choosing Bronson for your child's surgery. This booklet will help your family know what to do before surgery. It will also help you when taking care of your child after surgery. It's okay to ask questions and share your concerns. Together we will strive for the best results!

## Three Key Questions

1. What is your main problem?
  - Your child is having surgery. You need to know what to do to get ready for their surgery and recovery.
2. What do you need to do?
  - Read this booklet. Follow the instructions. There is information for before and after your child's surgery. Fill in the blanks. Bring this booklet with you to your appointments.
3. Why is it important for you to do this?
  - There are certain directions you need to follow before and after your child's surgery. These will keep them safe, avoid cancellation, prevent infection, and help your child to heal. We want to partner with you to have the best experience possible. Our "It's OK to Ask" program means we want you to ask questions and be involved in your child's care.



## Bronson Frequently Called Numbers

Bronson Main Phone	(269) 341-7654
Preadmission Testing Nurse	(269) 341-7940
Registration	(269) 341-6600
Outpatient Testing	(269) 341-8450
Pharmacy	(269) 341-6990
Health Answers	(269) 341-7723
Patient Accounting	(269) 341-6120

**Please note:** If you are calling from within Bronson, only dial the last four numbers of the phone number.

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## Before Surgery Patient Checklist

Use this checklist to mark off each step. Fill in the blanks to make sure you know the plan for your child's surgery. It's okay to ask questions. We want to partner with you to provide the best care possible.

- You and your doctor decide surgery is the best option for your child.
- Your surgeon's office will tell you the date and time of surgery.  
Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM / PM
- Write down the medicine your child takes, how much, and when. Use the medication record on the last page. Include vitamins, over-the-counter medicine, and herbal supplements.

You may receive two calls:

- You will review your child's health history and medicines with the Bronson preadmission testing nurse. The nurse will call you and give you specific instructions about their surgery. Share your child's health history, allergies, past surgeries, and medicines. The nurse will tell you if they need more tests. The call will last about 20 minutes. There is always time for questions. If you do not hear from a Bronson preadmission nurse one week before your surgery, call your preadmission testing nurse. We may cancel your child's surgery if we do not have their medical history.
- Bronson registration will call you. If you have insurance, share your policy information. We will discuss your co-pays, deductibles and other out-of-pocket costs. Bronson bills most insurance companies. Call your insurance company about pre-authorization or pre-certification requirements several days before your child's surgery. Call Bronson HealthAnswers at (269) 341-7723 for questions about the cost of surgery.



### Take Notes During Your Call With Your Bronson Preadmission Nurse:

When is my child's surgery? \_\_\_\_\_ What time should we be there? \_\_\_\_\_

Where do we report? \_\_\_\_\_

Are there medicines I need to stop? \_\_\_\_\_

Are there any medicines **I MUST** have my child take the morning of surgery (take with small sip of water)?

\_\_\_\_\_

What testing does my child need? \_\_\_\_\_

Where? \_\_\_\_\_ When? \_\_\_\_\_

Are there any special preparations we need to do? \_\_\_\_\_

When does my child stop eating and drinking? \_\_\_\_\_

What should my child bring to the hospital? \_\_\_\_\_

*One parent or guardian must stay in the surgery waiting room at all times. It is best for two adults to come with a child having surgery.*

The hospital can be a scary place for children when they don't know what to expect. The different smells, sounds, colors and medical staff can be overwhelming. As a parent, you may be worried too. Your child will look to you for comfort and support. You can help your child by getting them ready for surgery with age-appropriate information.

### **Common Fears Children/Teengers May Have:**

- Going to surgery without their parent
- Stranger anxiety
- Fear of the unknown
- Waking up during operation
- Loss of control
- Painful procedures
- Body changes or loss of body function
- Loss of privacy
- Not waking up after operation



## **Preparing your Child for Surgery**

### **Infants Birth to 1 year**

- Reduce your own anxiety. Children can sense when you are stressed.
- Fears at this age include stranger anxiety and separation from parent.

### **Toddlers 1-3years**

- Tell your child 1-3 days in advance.
- Fears at this age include separation from parents and unfamiliar medical equipment.
- Be as calm and patient as possible.
- Give your child a sense of control, such as letting them bring a favorite stuffed animal, blanket or toy.

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## **Preschoolers 4-5 years**

- Tell your child 3-5 days in advance. They will want to know more details at this age.
- Fears at this age include separation from parents, painful procedures, and loss of control.
- Children need to know that they will see their parents when they wake up from surgery.
- Children at this age may think they are being punished for bad behavior. They need to know that this is not true.

## **School-age 6-12 years**

- Begin preparing your child at least a week ahead of time.
- Fears at this age include waking up during surgery, body changes, loss of body function, fear of the unknown and loss of control.
- Children at this age need details about the hospital routine before, during and after surgery.
- Be supportive and honest with your child using age-appropriate language.
- Have your child repeat back to you what you have discussed regarding having surgery to make sure they understand.

## **Adolescents 13 years and older**

- You can tell your adolescent at least a week or more before the day of the operation.
- Fears at this age include not waking up after surgery, how their body will look afterwards, what their friends and peers may think of them and loss of privacy.
- Include adolescents during discussions and decisions regarding surgery. They want to be independent.
- Guide your child in finding more information about the surgery. Encourage them to ask questions about the surgery. This will help them understand.

## **How to Prepare Your Child for Surgery**

- Use simple language, in a way he or she will understand to explain the operation or procedure. Talking to your child before the surgery will help to decrease anxiety and clear up mistaken beliefs.
- Children should be told they are going to the hospital to have an operation. They need to know where on the body the operation will take place.
- Be honest with your child when talking about his or her questions or concerns. Encourage them to share what they are feeling with you.
- Focus on what they will see, hear, smell and feel. Explain what will hurt and that the pain will go away.
- Read books or stories about hospitals. This will help your child understand more about the setting and what is going to happen. See the list of books at the end of this booklet.

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- Watch our video about surgery.

We offer two videos for children and their families. One video is for children 8 years and older. The other is for children younger than 8 years old. Our videos give children and families a chance to see parts of the surgery area. The areas shown are the preoperative area (before surgery), operating room and recovery area (after surgery). You will see these parts of the hospital and hear what happens in that area. Children can see the medical equipment. They will learn about how they will fall asleep for the operation. The video for children 8 years and older shows what it is like to get an IV before surgery. We hope these videos will help answer your child's questions. We don't want them to be worried on the day of their surgery.

### **How to locate the informational videos:**

- Google Bronson Methodist Hospital-Bronson Healthcare.
- Click Children's Hospital link listed under featured services.
- Under Children's Health Specialties & Clinics, click Pediatric Surgery.
- Click Patient Information. Two videos will appear.
- Click the video for the age of your child.

If you have more questions about your child's understanding of what will happen in the hospital please call our child life specialists at 269-341-6243. Child life specialists are care givers who understand children's fears. They strive to make your child's hospital visit as worry free as possible. These specialists support children's emotional, social, and developmental needs by creating a comfortable, child-friendly setting.

### **One Day Before Surgery**

- No food after midnight the night before surgery. This means no gum, candy, or cough drops. If your child's stomach is not empty, they may vomit when we put in the breathing tube. The vomit could get in your child's lungs. This may cause pneumonia or death.
- The preadmission nurse will let you know how long your child may continue to drink clear fluids.
- Call your doctor if your child has a sore throat, fever or cold. We may need to reschedule their surgery.
- Do not let your child sleep with your pet.
- Let your child pack their own bag. Have them bring their favorite stuffed animal, blanket or toy (washed the night before) and an extra set of clothing.

- Feel free to bring a favorite sipper cup or bottle to be used after surgery.
- Remove any metal in their hair. Take off all jewelry.
- We offer popsicles, juice or crackers after surgery. If your child has any food allergies, feel free to pack and bring items.
- If you have questions or concerns, please call your surgeon's office or Bronson's preadmission nurse.

### **Shower Instructions**

1. Have your child take a bath or shower the night before surgery. This helps prevent infection.
2. **Do NOT** shave the area of their surgery.
3. With the bath or shower, wash your child's hair as usual with your normal shampoo.
4. Dry with a freshly washed, clean, dry towel.
5. **Do NOT** use lotion or powder.
6. Put on freshly washed, clean clothes.
7. Have your child sleep in freshly washed, clean sheets.

### **Day of Surgery**

1. It is suggested to have your child take another shower or bath using antibacterial soap. **Do NOT** shave the area of your child's surgery. This helps prevent infection.
2. Have your child brush their teeth.
3. Please continue to follow instructions regarding no food and drink.
4. Have your child take medicine with enough water to swallow the pills.
5. Have your child wear comfortable, loose-fitting clothes.
6. Leave money, jewelry and valuables at home.

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7. Attempt to make child care arrangements for siblings.
  8. Make sure the bag your child packed is in the car.
  9. Plan to leave with plenty of time to get to the hospital on time.

### **What to Bring**

- This booklet
  - Parent's photo ID
  - Insurance card
  - Prescription card
  - Eyeglass or hearing aid case
  - Medication list (see page 15 of this book)
  - Continuous positive airway pressure (CPAP) machine, if your child uses one.
  - Other (e.g. blue blood bank paper (if the Lab gave you one), proof of guardianship, medical records, X-rays, lab reports, or other items you were asked to bring):
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## Directions to Bronson Methodist Hospital



### From the EAST (Battle Creek, Detroit) via I-94

Take I-94 west to the Kalamazoo exit #78 (Portage Road). Merge on to Kilgore Street. Turn right (north) on to Portage Street. Follow Portage Street to Vine Street. Turn left (west) on to Vine Street. Follow Vine Street to the Bronson Methodist Hospital Campus.

### From the East (Richland) via M-43

Take M-43 west, which becomes Gull Road. Follow Gull Road to Riverview Drive and turn left. Keep right as Riverview becomes Kalamazoo Ave. Follow Kalamazoo Ave. several blocks, moving into the far left lane. At Rose Street, turn left (south). Follow Rose Street to Vine Street. Turn left (east) on Vine St.

### From the NORTH (Plainwell, Grand Rapids) or SOUTH (Schoolcraft, Three Rivers) via US-131

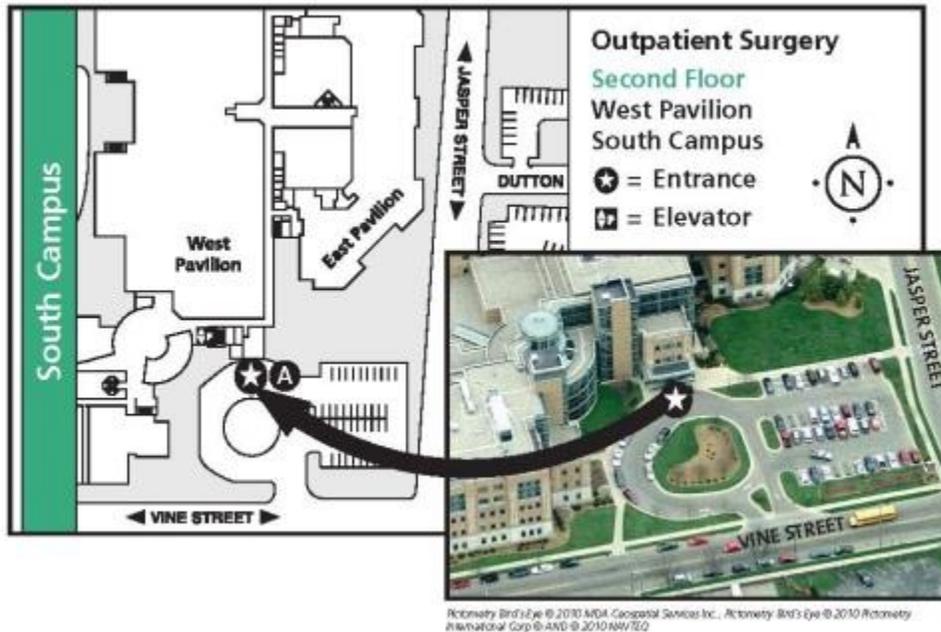
Take US 131 to the M-43 East (West Main Street) exit #38. Follow the directions from West (South Haven).

**From the WEST (South Haven) via M-43** Follow M-43 east, which turns into West Main Street and then Michigan Avenue at the intersection of Stadium Drive. Stay on Michigan Avenue three blocks farther, to Rose Street. Turn right (south) on Rose. Follow Rose Street to Vine Street. Turn left (east) on to Vine Street. Follow Vine Street to the Bronson Methodist Hospital Campus.

### From the WEST (Chicago, Paw Paw) via I-94

Take I-94 east to the Westnedge Avenue North exit #76. Follow Westnedge north through five lights. At the top of the hill, Westnedge splits and becomes Park Street (one-way street). Follow Park Street to Crosstown Parkway and turn right. Follow Crosstown Parkway several blocks to Burdick Street. Turn left (north) on to Burdick. Go through the first stoplight, stay right.

## Outpatient Surgery



### Free Valet Parking

- Bronson Outpatient Surgery offers valet parking at no charge to surgery patients from 6 a.m. to 5 p.m.
- Valet parking is available at the Garden Entrance on the corner of Jasper and Vine Streets.
- Let the parking attendant know you have an outpatient surgery appointment.

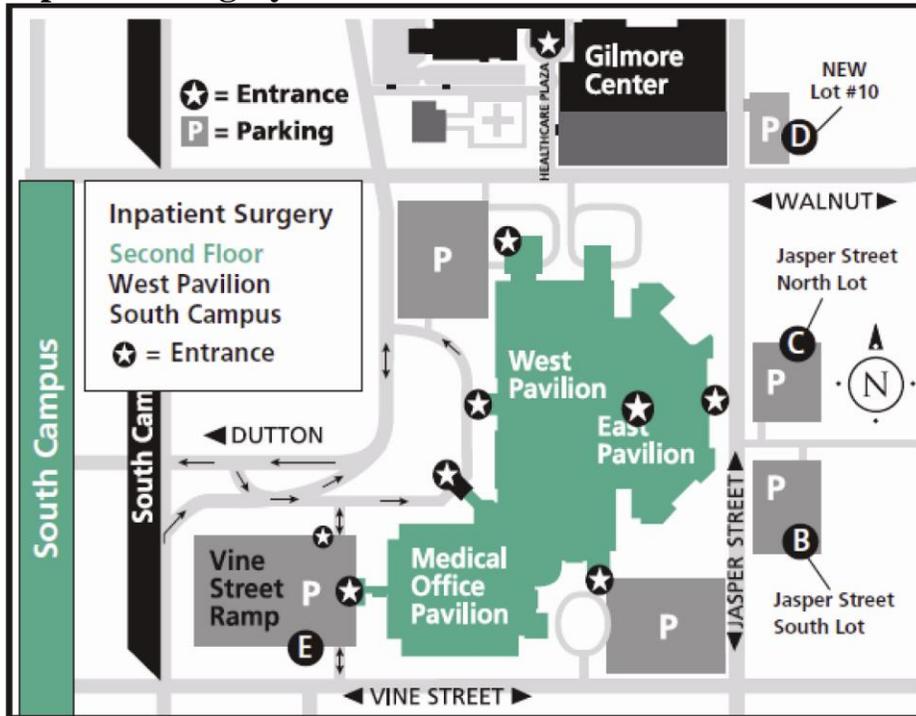
### Self-Park

- Pull your vehicle up to the Garden Entrance and the valet will direct you to the best parking options.

### Finding Outpatient Surgery

- Enter at the **A** Garden Entrance. Wheelchairs are available at each entrance.
- Turn left and turn left again. The elevators will be on your left. Go to the second floor. Look for the desk to your right.
- If you need help anywhere in Bronson, escort services are available Monday through Friday, 8 a.m. – 8 p.m. Dial “0” on any house phone or call (269) 806-1394.

## Inpatient Surgery



### Parking

- Park in any of the three lots on Jasper Street across from the East entrance: **Jasper Street South Lot (B)**, **Jasper Street North Lot (C)**, **Lot #10 (D)**

### Additional Parking

- Parking is also available in the **(E) Vine Street Parking Ramp** at the corner of Vine and Burdick.
- From the second floor of the ramp, walk through the Medical Office Pavilion, across the Garden Atrium, past the outpatient surgery waiting area, and to the inpatient surgery waiting area desk.

### Finding Inpatient Surgery

- The waiting room for Bronson Inpatient Surgery is located on the second floor of the West Pavilion on the South Campus.
- Enter through the East Pavilion entrance (Jasper Street).
- Take the elevator to the second floor. Turn left (west) out of the elevator, through the bridge waiting area, to the inpatient surgery waiting area desk.

## Your Child's Surgery Experience at the Hospital

### Before Surgery

- Please check in at the Surgery Family Waiting Room. This is on the second floor of the West Pavilion.

- Once you are signed in, you, your family member or friend will be asked for a cell phone number or will be offered a pager. The pager flashes and vibrates, letting you and your family members know when:

- It is time to leave the waiting room and get ready for surgery
- Your family can come back and sit with you and your child while you wait for surgery
- Your child's surgery is finished and the doctor can talk with your family
- Your child is in the recovery room



- You, your family member or friend will get a business card with information. The information on the card allows the cardholder to track your child's progress through surgery. The waiting room staff will explain how to use the information on the card.

- You may receive a packet of information. Please look it over while waiting.



- A staff member will notify you when it is time for your child to come back to the pre-op room. This is where they will change into a patient gown. You may also sign consent forms.

- You will be asked your child's name, date of birth, type of surgery, and name of surgeon many times. This is for your child's safety. We want to make sure we have the right patient for the right procedure.

- The nurse will go over your child's medicine list and ask when they last took each medicine.

- You may be asked to do one or more of the following three things to prevent infection:

- Wipe down all of your child's skin with special Chlorhexidine Gluconate (CHG) cloths
  - Swab their nose with iodine.
  - Brush your child's teeth and rinse their mouth with a special CHG mouthwash.
- A nurse will talk with you about questions or concerns you have before your child's surgery. Please let us know if you have questions for your surgeon.
  - If your child's surgery requires anesthesia, you will meet the anesthesiologist before their surgery. The anesthesiologist will talk with you and answer any questions you or your child may have about anesthesia.
  - Your child may receive antibiotics, nausea or pain medicine before the surgery.
  - If the anesthesiologist orders an IV for your child, the nurse will start the IV in the pre-op room.
  - Once your child is prepared for surgery, they will have a chance to play with toys from home, watch a movie on the DVD player or other activities provided at the hospital
  - Your other family members may join you and your child in the pre-op room until it is time for their surgery.

## **During Surgery**

We will give updates every hour to you during your child's surgery. A television monitor will inform you and your family where they are in the surgery process. It is best to have one person present in the waiting area at all times. If you need to step away, please tell the person at the desk. We want to make sure you may be reached quickly if needed.

## **After Surgery**

After your child's surgery, the doctor will talk with you and your family about your child's surgery in the Surgery Family Waiting Room. Your child will go to the Post Anesthesia Care Unit (PACU) to recover. You and your family will be notified when they have arrived to the PACU. We will closely monitor your child until they wake up. When your child is ready, we will ask that only two family members join your child in PACU and stay during the entire recovery time.



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## Going Home Same Day

- We will continue to check on your child and ask how they feel.
- Your child will be offered a light snack and something to drink.
- The nurse will go over what you should do to care for your child at home.
- The nurse will prepare your child to go home.
- Bronson has a pharmacy. You may fill your child's prescription before you leave.
- There may be other patients in this area. We ask that only one or two people visit at a time.
  - Parents are encouraged to stay with their child.
  - Family members, friends and visitors must be 12 years of age or older.
  - Family and friends must stay within the patient's curtained area and speak quietly.
  - Please use your cell phone in the hallway or waiting area. Other people are trying to heal and need silence.



## Staying the Night

- If you and your child plan to stay the night at the hospital, we will continue to check on them and ask how they feel.
- The nurse will give your child their medicine.
- Once your child is comfortable, the nurse will prepare them to go to their hospital room.
- Your other family members can meet you and your child there.

## Programs Offered on the Pediatric Unit

- Your child may meet our child life specialists, art therapist, music therapist or pet therapy team on the pediatric unit.



- The staff supports children’s emotional, social and developmental needs by creating a comfortable, child-friendly environment. The goal is to restore a sense of normalcy through therapeutic play, self-expression, music, peer interaction and family involvement.
- There is an activity room that provides a safe place for kids to play and take their mind off their hospital stay.
- Staff may assist with children hospitalized long term to stay current with their school studies and learn about their individual healthcare needs.

## **Taking Care of Your Child in the Hospital and Home**

### **Prevent Infection**

- Have your child wash their hands before eating and after they use the bathroom.
- Ask staff, family, friends and visitors to wash their hands.
- Avoid touching your child’s incision or bandage.
- Ask people not to visit if they are sick.
- Take antibiotics if your doctor orders them.



### **Control Your Child’s Pain**

Your child will have some pain after surgery. We will do everything we can to help reduce their pain to a comfortable level. Here are some tips:

- Tell your nurse if your child is in pain.
- The nurse will ask your child to rate their pain on a scale of 0-10. Zero is no pain and 10 is the most intense pain.
- Ask for pain medicine before your child’s level of pain gets too bad.
- Have your child take the pain pills or liquid medicine your doctor ordered.

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## Prevent Breathing Problems and Pneumonia

- Have your child take a deep breath in and then cough deeply 10 times every one to two hours while awake. If they have pain when they cough, your child can hold a pillow or rolled-up blanket against their chest or stomach, and apply pressure as they cough.
- Your child may be given a device called an “incentive spirometer” to help them take deep breaths. This also measures their lung capacity. Staff will teach you and your child how to use this.
- Changing your child’s position helps them to breathe deeper. This prevents breathing problems and improves the blood flow in their legs.
- Get your child moving as soon as possible after surgery. They may be able to walk as soon as four hours after surgery. Get your child out of bed at least three to four times a day.
- Your doctor will tell you how much your child can do.

## Reduce the Chance for Blood Clots

- Get your child out of bed and moving as soon as possible after surgery.
- Your child may have elastic stockings (TED hose) or inflatable wraps placed on their legs to help their circulation.



## Prevent Falls

- Always help your child getting out of bed.
- Wear socks or slippers with rubber soles.
- Have a family member walk with child at all times.

## Leaving the Hospital

Your doctor will decide when your child can go home. We will give you instructions for after surgery, a list of current medicines, and your doctor’s phone number. We will also give you information on what to look for and when to seek medical care if your child’s recovery is not going as planned. It’s okay to ask questions. Below are some tips to make your hospital stay and return home easier:





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## Recommended Books for Surgery

### General Surgery

Franklin Goes to the Hospital (broken shell)

Author: Paulette Bourgeois

Curious George Goes to the Hospital (removing foreign object, ate puzzle piece)

Author: Margret and H.A. Rey

Children's Book About Surgery: A Kids Picture Book About Surgery With Photos and Fun Facts

Author: Abigail Tyler

### Tonsil

Goodbye Tonsils

Author: Juliana Lee Hatkoff and Craig Hatkoff

Rita Goes to the Hospital

Author: John Jones

Tyler Tiger Has Tonsillitis

Author: Rick Saupe

A Big Operation

Author: Richard Scarry

### Ear Tubes

Chris Gets Ear Tubes

Author: Betty Pace

Tubes in My Ears: My Trip to the Hospital

Author: Virginia Dooley

Koko Bear's Big Earache; Preparing Your Child for Ear Tube Surgery

Author: Vicki Lansky