

Your child's surgery

Arthur M. Blank Hospital

Your child is going to have surgery or a procedure at Children's Arthur M. Blank Hospital. Here are some useful tips and reminders to help prepare you for your child's visit.

Before the surgery

- You must fill out a pre-anesthesia health form as soon as possible through MyChart or on choa.org/amburgery. To sign up for MyChart, call **404-785-7844**.
- Most patients do not need to be seen before surgery. We will let you know if your child needs a pre-op visit with a member of the anesthesia team.
- A staff member will call or text you one day before the surgery to share eating and drinking instructions and your arrival time. It's important to arrive when instructed so we can properly prepare for the surgery.
- Remove any jewelry or accessories made of metal from your child's hair. Any piercings, body jewelry, false eyelashes and acrylic nails will also need to be removed.
- Bathe your child the night before surgery with soap and water. Wash your child's hair with shampoo. Do not use any baby oil, moisturizers, lotions, body powder or makeup.
- Dress your child in clean clothes. This helps lower the risk of your child getting an infection during the surgery or procedure.
- If your child wears contact lenses, please bring their glasses or contact solution, as their contacts will be removed before their surgery.
- Wash any comfort items, such as a blanket or stuffed toy that may be coming along with your child to the hospital.
- Report any symptoms of sickness to the pre-surgery nurse.
- If you need to reschedule your procedure, call your child's surgeon.

Helpful tips

- Answer your child's questions. Be honest.
- Listen to your child. They may be scared. Let your child know that the surgery is to help them, not punish them.
- Talk to the doctor about your concerns when your child is not there. Try to do this before the day of the surgery.
- Visit choa.org/surgery for more tips on preparing for surgery and a photo tour of our day surgery center at Arthur M. Blank Hospital.

Anesthesia plan

- Anesthesia is medicine that helps part or all of the body go to sleep for surgery.
- An anesthesiologist is a doctor who gives the sleep medicine to your child.
- An anesthesiologist who is trained to treat children will talk to you about caring for your child before your child goes into the operating room.

Eating and drinking rules

- A staff member will call or text you the day before your child's surgery and tell you what your child can eat and drink before surgery. There is **no eating** the day of the surgery. Clear fluids like water, apple juice, Pedialyte or Gatorade can usually be given up to two hours before the surgery.
- If your child has thickeners added to their drinks, they should not be used six hours prior to surgery. You should still encourage your child to drink clear fluids up to two hours before surgery. If they cannot drink fluids without thickeners, please call 404-785-6712.
- Do not give anything by mouth to your child after the time you were given to stop eating and drinking, including gum, hard candy or a sip of clear fluids like water or apple juice.
- No one is allowed to eat or drink in the waiting or pre-op area, including visitors.

It is important to follow these rules. If you do not, it could put your child's health at risk. Your child's surgery may be moved to another day if you do not follow these rules.

Going to the hospital for surgery

- You will be asked to arrive two to three hours before the scheduled surgery. If you are late, your child's surgery could be delayed or cancelled.
- A legal guardian has to sign both doctor and surgery center consent forms. Bring your guardianship papers or legal documents if you are the patient's guardian. Surgery cannot be done if these are not signed.
- Bring your insurance card, a photo ID and any paperwork from your child's doctor.
- Bring a list of medicines your child is taking and the dosage, including over-the-counter medicine, supplements or herbs.

- Bring any special or important equipment, such as a ventilator, oxygen or crutches, and any charging devices for the equipment.
- Let your child make some choices, like what to wear and what to bring (for example, a sippy cup for after the surgery). This will help them feel more in control.
- As a parent, it is important that you eat on the day of the surgery. This helps you be at your best for your child. Remember: Your child should not eat or drink. If possible, avoid eating in front of your child.
- Smile. Breathe. Your child will be more relaxed if you are calm.
- Any female patient who has begun menstruation or is 12 years of age or older will need to provide a urine sample before surgery.
- Please plan to spend a full day at Children's.
- **The number of visitors is limited to two caregivers in the surgery center. Siblings are not allowed in the facility on the day of surgery. Please arrange other care for siblings.**
- Child life specialists can help if you or your child are feeling anxious.

During the surgery

Patients having surgery at Arthur M. Blank Hospital will be taken into the operating room by a nurse. **Parents and guardians are NOT allowed to walk their child to the operating room at our hospital locations.**

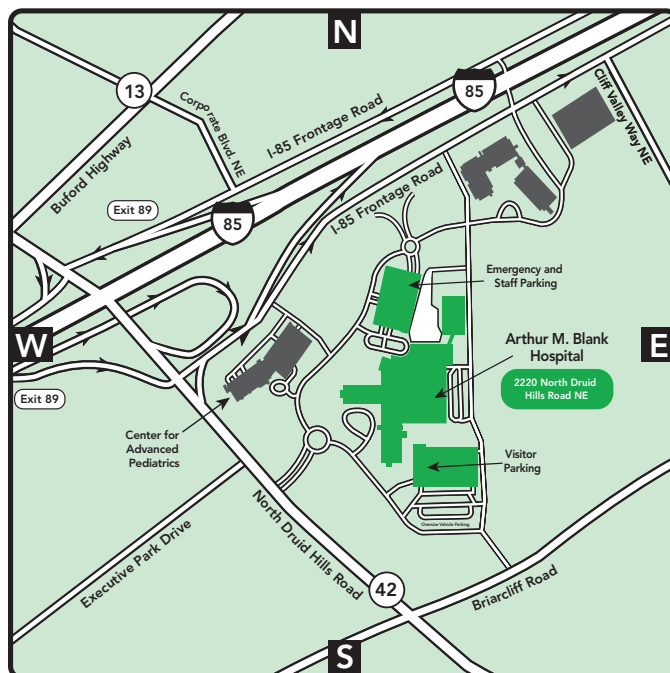
One caregiver must remain at Arthur M. Blank Hospital in a day surgery patient room or the second-floor waiting room during your child's surgery. This is for the safety of your child and helps your child's doctor find you if there are any questions.

What to expect after surgery

- Nurses will check to make sure your child:
 - Is waking up. Your child might not be fully awake at time of discharge. This is normal.
 - Can drink and keep down liquids.
 - Is comfortable.
- If your child was given pain medicine, follow the pain medicine directions given to you by your child's surgeon.
- Have your child sip liquid or chew ice chips. They may feel sick to their stomach. This is normal.
- Your child may be grumpy or sad. This is also normal. Listen and tell them that you understand how they feel.

Going home

At the discretion of your child's care team, your child can go home when they are awake and comfortable, and your questions have been answered. Once your child is at home, call your surgeon with any further questions. Refer to the phone number on your discharge instructions.



Important phone numbers

If you need to make a pre-op clinic appointment, speak to the pre-surgery nurse, or have questions about insurance, please call **404-785-6712**.

Directions

Arthur M. Blank Hospital
2220 North Druid Hills Road NE
Atlanta, GA 30329

Check in at the registration desk located in the main lobby. Be prepared to present identification.

Parking

The hospital has two parking decks, which are open 24 hours a day. The visitor parking deck serves as the main parking deck for patient families and visitors, while the emergency and staff parking deck is reserved for patient families accessing the Emergency Department.