

# Your child's surgery



## Children's at Satellite Boulevard\*

Your child is going to have surgery or a procedure at Children's at Satellite Boulevard. 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/sbsurgery](https://choa.org/sbsurgery). To sign up for MYchart, call **404-785-7844**.
- A staff member will call or text you one day before the surgery to share your arrival time as well as eating and drinking instructions. It is 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. All piercings, body jewelry, false eyelashes and acrylic nails will 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 baby oil, moisturizers or lotions.
- If your child wears contact lenses, please bring their glasses or contact solution, as their contacts will need to be removed before their surgery.
- Dress your child in clean clothes. This helps lower the risk of your child getting an infection during the surgery or procedure.
- Wash any comfort items, such as a blanket or stuffed toy, that may be coming 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](https://choa.org/surgery) for more tips.

### 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. However, you should encourage your child to drink clear fluids up to two hours before surgery. If they cannot drink fluids without thickeners, please contact 404-785-8134.
- 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.
- Bring a bottle of juice or formula for your infant or toddler after the surgery.
- There is no cafeteria in the building, but we do have vending machines. You can bring snacks from home.

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 may be asked to arrive at the surgery center up to two hours before surgery. Arrival times are decided by your child's surgeon. If you are late, your child's surgery could be delayed or canceled.
- A legal guardian has to sign consent forms for both the doctor and hospital. Surgery cannot be performed 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 takes, including over-the-counter medicine, supplements or herbs.
- Bring any special or important equipment, such as a ventilator or oxygen, and any charging devices for the equipment.
- Bring a special item to comfort your child, such as a favorite toy or blanket.

- Let your child make some choices about what to wear and what to bring (for example, a sippy cup or water bottle for after the surgery). This will help them feel 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.
- Please plan to spend the 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 make daycare plans for siblings.**
- Any female patient who has begun menstruation or is 12 years of age or older will need to provide a urine sample before surgery.

## During the surgery

One caregiver must remain at Children's at Satellite Boulevard 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. In most cases, if your child is between 6 months and 12 years old, one caregiver may go with them to the operating room until your child is under anesthesia. You will then wait in a designated area until the procedure is complete. Final decisions about being in the operating room will be made the day of the surgery by the anesthesiologist. Sometimes, we cannot allow parents into the operating room. For example, pregnant women cannot be in the operating room. Parents of children with autism can accompany their child of any age, at the discretion of the anesthesiologist.

## Speak up

It is OK if you have questions or do not understand something about your child's surgery. We are here to help you. Do not be afraid to ask questions or talk to us.

## 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.

*Some physicians and affiliated healthcare professionals on the Children's Healthcare of Atlanta team are independent providers and are not our employees.*



## 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.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

## Important phone numbers

### General Information

404-785-8000

### Pre-anesthesia nurse

404-785-8134

### Billing and Insurance

404-785-5589

## Directions

### Children's at Satellite Boulevard Outpatient Surgery Center

*A department of Children's at Scottish Rite Hospital*  
**2620 Satellite Blvd.**

**Duluth, GA 30096**

Parking is in front of the surgery center building. Enter through the main sliding glass doors.



**404-785-8000**



**choa.org/surgery**



**Scan the QR code or visit  
 choa.org/satellite-boulevard  
 for door-to-door directions.**