

Your child's day surgery



Welcome !

This booklet was created to help you prepare your child for the experience of coming to the **Intercare Hospital** for surgery.

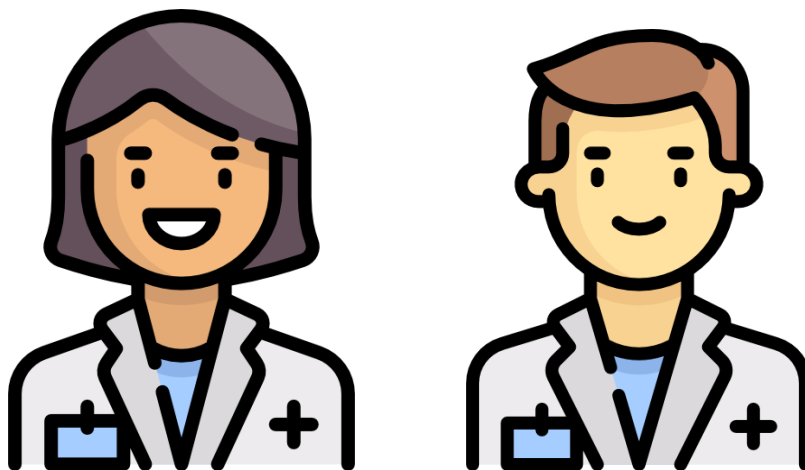
It allows children to become familiar with what to expect the day of surgery, while providing an opportunity for them to express their related thoughts and feelings. Sharing this information in an honest, yet gentle way can help your child begin to gain trust in you and the medical team surrounding the hospital experience.

This book can also be used as a journal to document his/her experience, so encourage your child to bring it the day of surgery. If your child asks a question you are unable to answer or you would like more information specific to your child's surgery, please feel free to contact your surgeon's office and/or your anesthesiologist's office.

We look forward to working with you and your child.

Sincerely,

The operating theatre team



Welcome to



My name is: _____

The date of my surgery is: _____

My surgeon is: _____


My anesthesiologist is: _____

I have / have not (circle one) had a surgery before.

I am _____ years old.



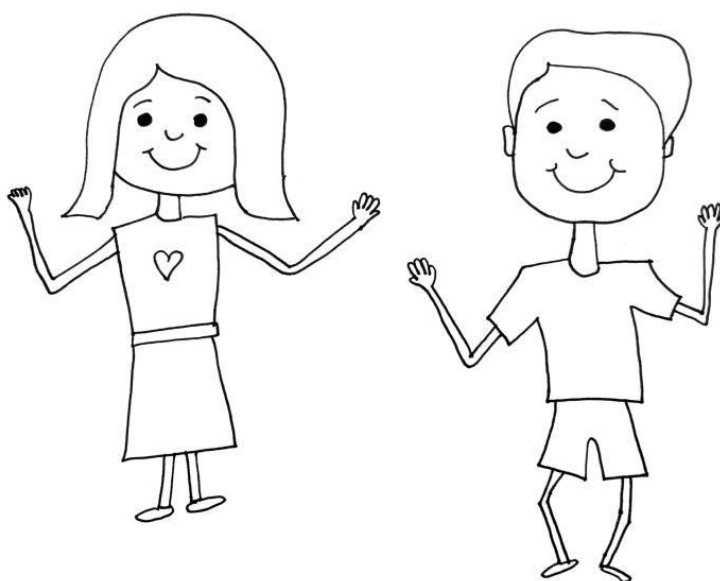
Here is a drawing of me : 

Here is a drawing of my family: 

Surgery is when doctors make something in **your body better!**

Draw or write what the doctor is going to make better in your body

What part of your body will we be helping today?

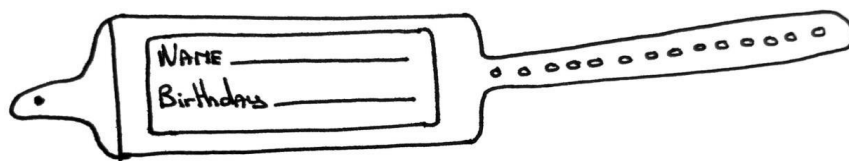


When you come to the **pre-op room** you will meet nurses.

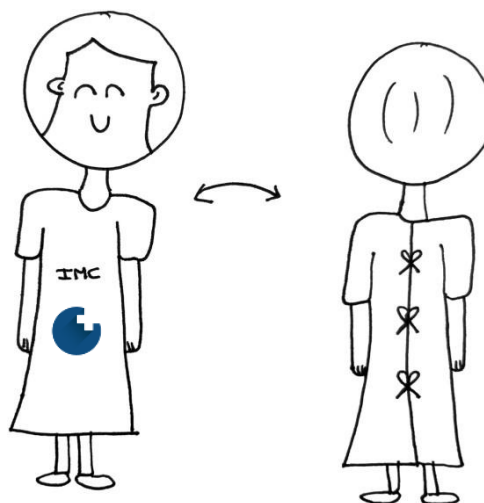


Nurses care for you before and after surgery.

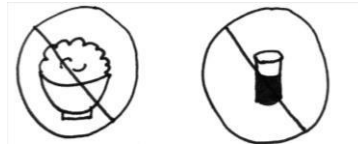
They will give you a wrist band that has your name and birthday on it...



... and hospitals pajamas to take into.

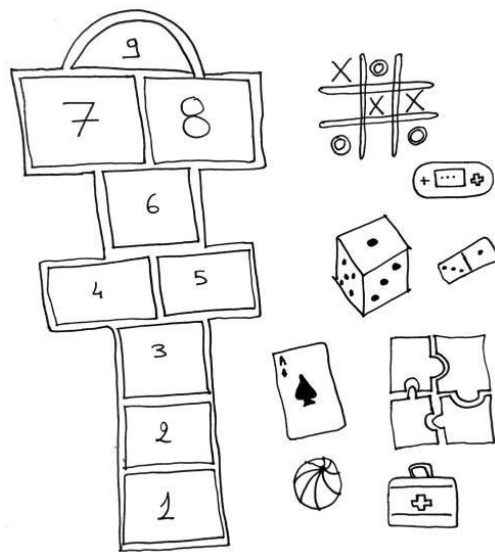


You may feel hungry or thirsty while you are waiting. This is because you are not able to have anything to eat or drink before surgery.



Some children think it is easier if they do something fun while they wait.

There will be lots of toys and games to play with.

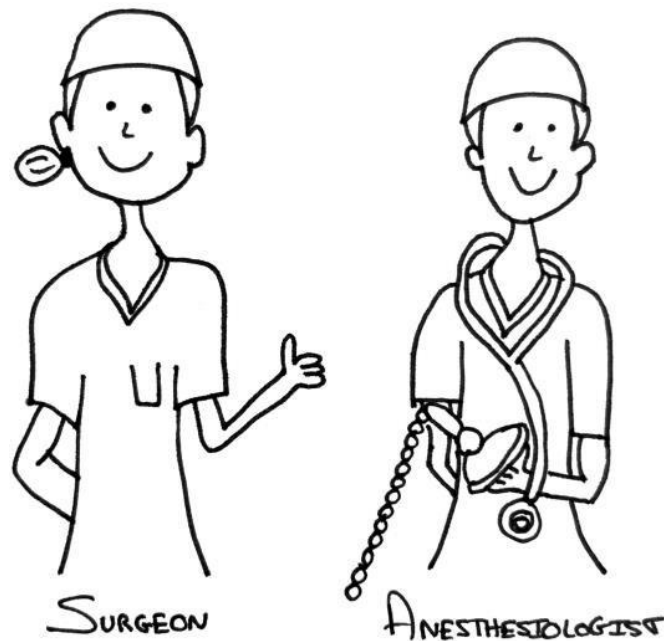


You can bring things from home, like a favorite toy or blanket!

Draw or write what would you like to bring.

A large empty rectangular box for drawing or writing.

While you are waiting for surgery, you will meet your doctors.



This is the doctor who does the surgery

This is the doctor who gives you a special kind of medicines that helps you stay asleep through the whole surgery so you won't feel anything at all. You can also call this doctor the **sleepy medicine doctor**

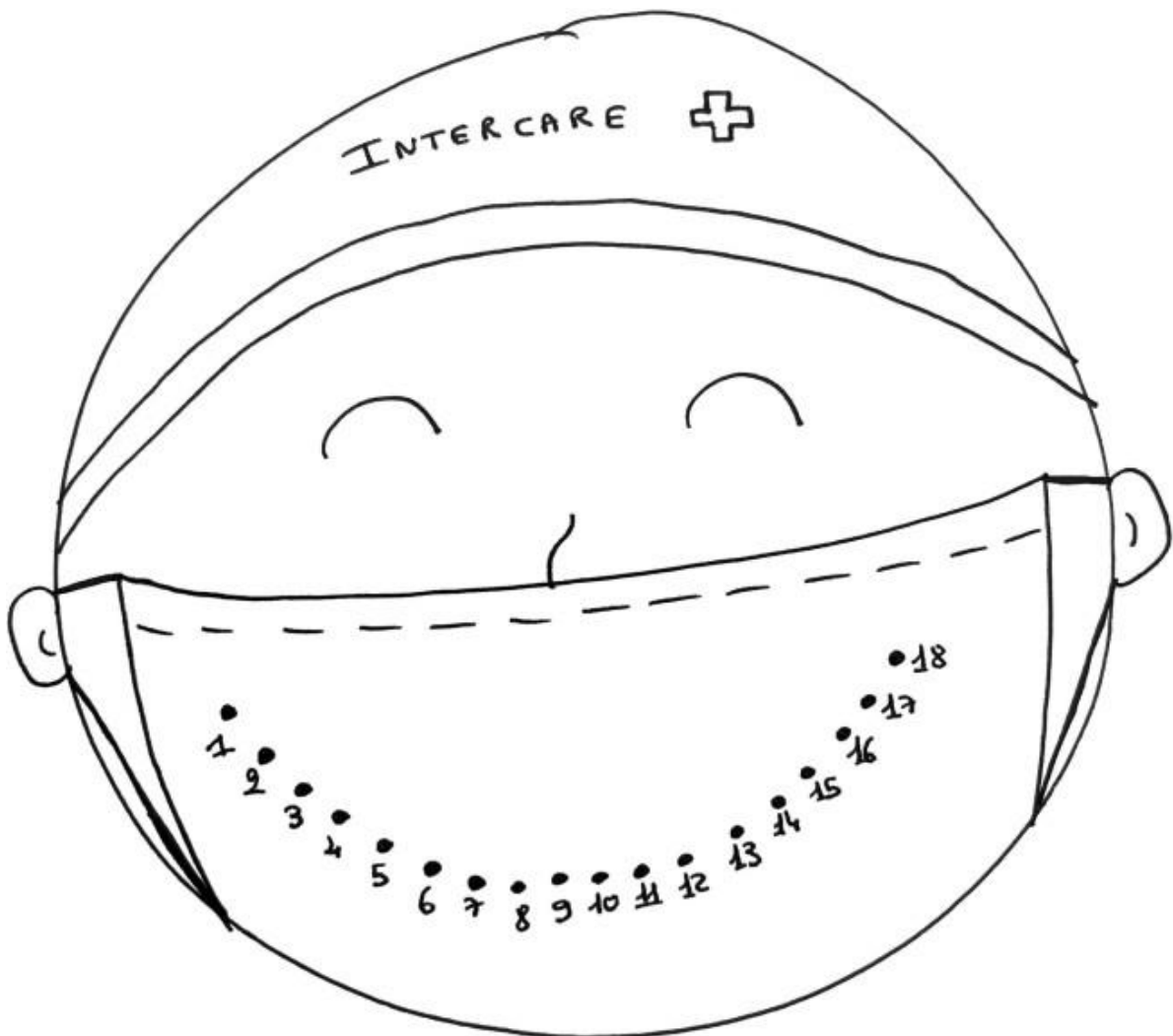
The anesthesiologist will listen to your heart and lungs.



The rooms where surgeries are done (called operating rooms) are very clean and germ free.

People who work in an operating room need to wear a hat and a paper mask around their nose and mouth to protect everyone from germs.

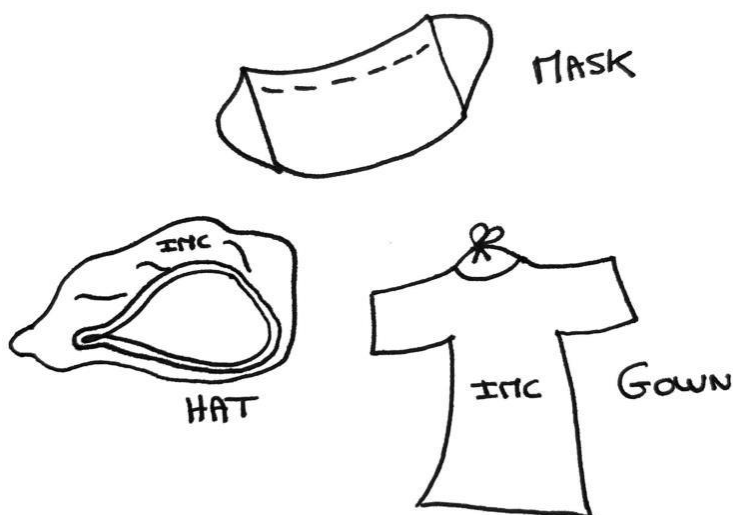
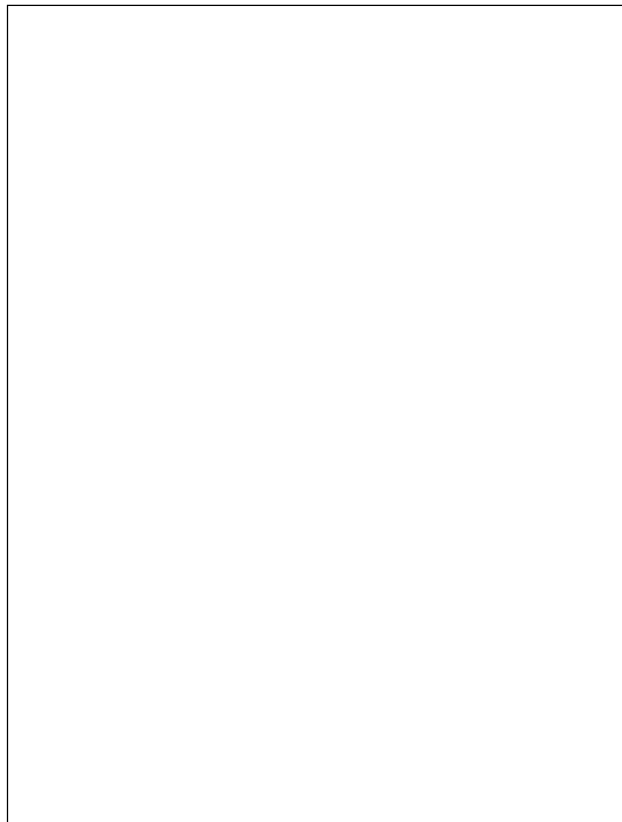
Connect the dots to see what face the doctor is making



When it is time for your surgery, you get to pick one person from your family to go to the operating room with you.

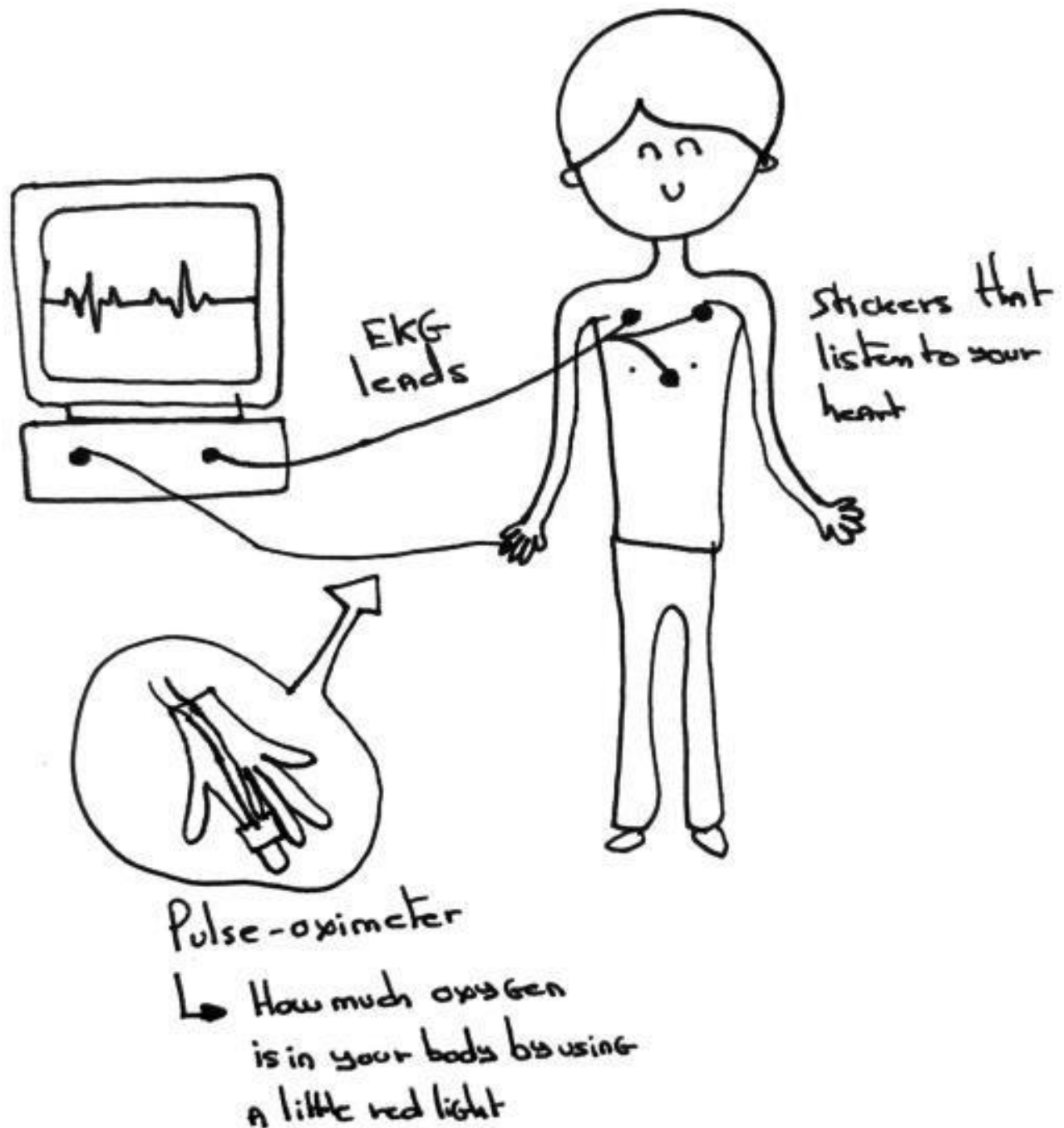
You will get to dress this person up in a...

Draw the person you will take with you wearing their hat, mask and gown.



The doctors have a machine that tells them how your heart is beating and how you are breathing.

The machine is connected to stickers placed on your body.



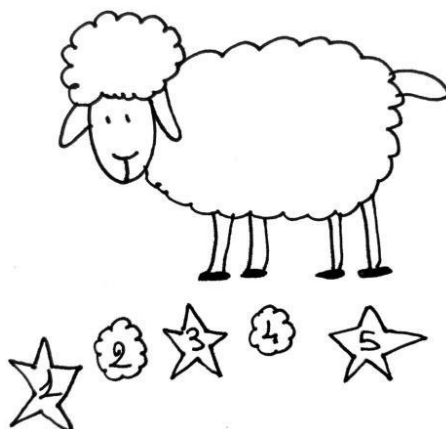
In the operating room, you will lie on the bed while you breathe in the sleepy medicine through see-through plastic mask.

The anaesthesiologist will help you do this.

Your family member will be by your side until you fall asleep.

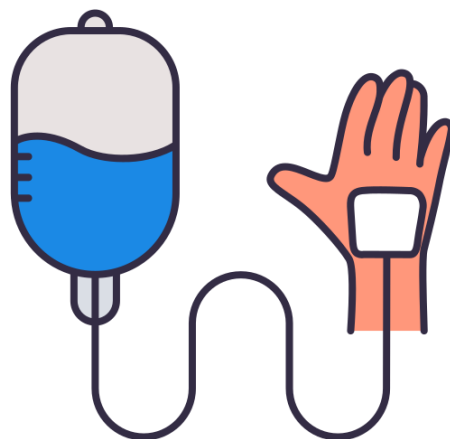
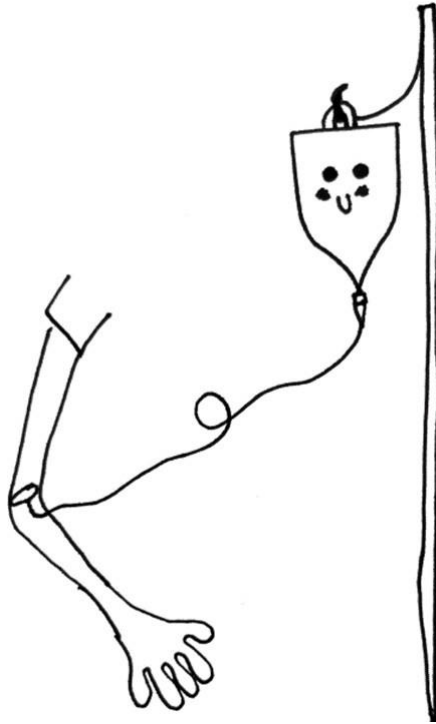


Circle how many big breaths you think you can take before you fall asleep.



When you are asleep, you will get water or medicine through a tiny plastic tube called an **IV** (intravenous).

The IV will be taped to your arm or hand.



When your surgery is all done, you will be in the **recovery room**.

WAKE UP



You can call it the **wake up room**.



Some children feel sleepy or dizzy when they wake up. Your nurses and family member will be there to help you feel better. Your job is to tell them how you are feeling.

Some children go home the day of surgery.



Others stay in the hospital for a while. If you do stay, a grown up in your family can stay with you.



Some of the people I met in the hospital were...



The best part about coming to the hospital was...



The hardest part about coming to the hospital was...



If one of my friends were to have surgery, I would tell them.



THINGS USED IN THE HOSPITAL

Can you draw a line from the words to the matching picture?

These stickers listen to your heart



These checks your temperature



This checks your blood pressure



This sticker lights up red and checks your oxygen



This mask gives you sleepy medicine



This hat and mask protect you from germs



SCRAMBLED LETTERS

Can you make words from the scrambled letters below?

1. d r o c t o

— — — — —

2. n s e u g o r

— — — — —

3. d c h l i e l f i t s c i l i s a e p

— — — — —

4. e n s u r

— — — — —

5. y s g r u e r

— — — — —

6. t a s h t l o i g i s n e s e o

— — — — —

7. p h i o t s l a

— — — — —



Answers: hospital, anesthesiologist, surgery, nurse, child life specialist, surgeon, doctor

BOLDS WORDS

S	B	L	O	O	D	P	R	E	S	S	U	R	E
L	W	I	N	T	E	R	C	A	R	E	U	I	G
E	A	H	U	T	B	D	P	M	G	T	U	P	A
E	K	O	P	R	F	C	O	M	H	B	Y	J	M
P	E	S	C	R	T	B	N	I	O	E	X	U	E
Y	U	P	P	D	O	C	T	O	R	D	E	I	S
M	P	I	P	M	I	N	U	F	V	U	T	C	P
E	R	T	M	P	O	O	T	U	I	N	F	E	A
D	O	A	M	O	V	I	E	S	I	O	P	F	J
E	O	L	P	I	O	M	T	R	X	S	W	C	A
C	M	S	T	H	E	T	O	S	C	O	P	E	M
I	F	O	O	D	T	H	O	P	B	F	H	F	A
N	P	D	Y	H	L	P	Z	V	B	N	R	Y	S
E	M	T	H	E	R	M	O	M	E	T	E	R	O

Find the bold words in the puzzle (words go straight across or down):

Games: we have a lot	Thermometer: shows your temperature
Sleepy medicine: Anesthesia	Doctor: did you meet yours yet?
Pajamas: did you put on your hospital PJ's?	Hospital: Intercare medical center
Food: you can eat some after the recovery room	Movies: do you want to watch one?
Stethoscope: listens to your heart and lungs	Wake up room: where you wake up?
Blood pressure: did your nurse check yours?	Juice: you can drink some after the wake room
Nurse: do you know some nurses?	Intercare medical center



DIPLOMA



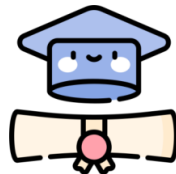
Certificate



First surgery certificate is granted to



Date



Signature

For bravely having his first surgery

