



# **Surgery at Carleton Place and District Memorial Hospital**



**We are located at:**

211 Lake Ave East, Carleton Place, ON K7C 1J4

613-257-2200

## Getting Ready For Surgery



Name of Surgery: \_\_\_\_\_

Name of Surgeon: \_\_\_\_\_ Surgeon's office Phone number: \_\_\_\_\_

Date of surgery: \_\_\_\_\_ Time of Surgery: \_\_\_\_\_

Follow up appointment with Surgeon: \_\_\_\_\_

## Parking



CPDMH has a visitor parking lot located in front of the hospital.

This machine accepts One and Two dollar coins when exiting the parking lot.

*Proceeds from parking go directly to purchasing equipment for the hospital.*





We have created this booklet to help your family prepare for surgery and navigate through our Pre-Operative Assessment Clinic, Day Care Surgery, Operating Room and Recovery Room. We will provide your child or teen with high quality, family centered care, and this means keeping you involved and informed.

## Getting Ready for Surgery

Your child or teen may need to see an Anesthesiologist before surgery in the pre-operative assessment clinic. This will depend on your child's medical history and the surgery or procedure. If you do not need to see an Anesthesiologist in person, a Nurse will call you for a scheduled pre-op phone call to discuss their health history before the day of surgery.

### What Will Happen During the Pre-Assessment Clinic?

You will meet with the nurse. The nurse will:

- Ask you questions about your child's health
- Weigh your child
- Check your child's heart rate, blood pressure, and oxygen level
- Let you know what to expect on the day of the procedure or operation.



The anesthesia doctor will:

- Examine your child and explain what happens in the operating room
- Explain how your child will go to sleep and what medication will be used to keep your child comfortable.
- Discuss whether your child needs medication to relax before the operation.
- The doctor may order tests like blood work or x-rays before surgery.

## Giving consent for surgery



It is important that you understand the risks and benefits of the surgery, so that you can give an informed consent.

Before you sign the consent for surgery, the Surgeon will explain:

- What the surgery is
- Why it is needed
- Why it will help your child (benefits)
- What problems could happen (risks)

## Preparing Your Child for Surgery

### Talking about Surgery

Knowing what to expect on the day of surgery will help your child or teen cope. Make sure to:

- Tell the truth about what will happen. This helps your child or teen trust you and hospital staff. The truth is often less scary than what children are actually thinking
- Ask questions and let your child tell you what they know. This is a good way to find out what they are thinking, so you can correct any misunderstandings.
- Begin by explaining the reason for the surgery. Use non-threatening language and gear the explanation to the appropriate age level. Say that “your doctor has decided that you need an operation to help your body be its healthiest. All of the staff are there to help”. Older children and teens are more independent and should become involved in their health care. They may be worried about privacy.



## Talking about Anesthesia (falling asleep for surgery)

It is important to prepare your children and youth for the anesthetic. Explain that your child or teen will:

- Get medicine to help them fall into a deep sleep before the surgery
- Breathe medicine in through a mask or receive it through an IV (a soft tube placed in the vein in the hand or arm). We may use a numbing cream on the skin before starting an IV.
- Be in a special sleep during the surgery, but doctors and nurses will take care of them the whole time.
- Not feel, see, or hear anything during the operation.



# Just For Teens

## Getting Ready

You probably have a lot of questions about your surgery. Make sure you talk with your parents or caregivers and your surgeon, so they know what's on your mind.

## If you Smoke

Try to stop for at least a week before surgery. Smoking or using drugs or alcohol before surgery can cause risks that could make your surgery unsafe. Make sure to let your Surgeon and Nurse know if you smoke.



## Driving after Surgery

You are not allowed to drive for 24 hours after having an anesthetic.



## Menstrual Period

- If you experience a monthly menstrual period, expect to provide a urine specimen for a pregnancy test before surgery
- If you have your period, use a pad instead of a tampon on the day of your surgery.
- Tell your doctor if you use Depo Provera or any other hormonal birth control method.
- You'll need to remove your bra when you are asked to change into a hospital gown – nurses in the operating room will need to place heart monitor stickers on your chest before you fall asleep. We will keep you covered!

## Confirming Surgery Time



We will call you 2 days before surgery to confirm what time you should arrive at CPDMH. If you have not received a call by the Booking Department the day before your surgery - please call 613- 253-3803.

### What if my Child or Teen is sick before Surgery?



**Call your Surgeon's office if your child:**

- Has a cold or cough with mucous
- Is wheezing
- Has a fever (above 38°C)
- Is vomiting or has diarrhea
- Has any contagious disease, like "pink eye", chicken pox, mumps, measles, tuberculosis (TB), whooping cough or scarlet fever, **call your Surgeon as soon as possible.**

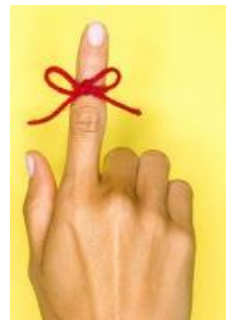
**Please also call the Booking Office at the Carleton Place Hospital:**

8am -4pm: **613-253-3803**

If after 4pm the day before surgery, please call main switchboard **613-257-2200**

### Please Remember:

Please help prevent the spread of infections to our patients by staying away if you are sick, and washing your hands before you come in and after you leave.



## The Day Before Surgery Checklist

### Make sure your child or teen:

- Follows the fasting guidelines below
- Takes a bath or shower the evening before (or morning of) surgery
- Removes all makeup and nail polish
- Removes all jewelry including plastic jewelry from piercings

### Why?

- Jewelry in and around the mouth can become loose or get accidentally pulled out during surgery and can become stuck in the windpipe or end up in the stomach
- Piercings can become caught or pulled out when we are positioning you on the operating room bed
- Metal jewelry can cause burns if we use certain equipment during surgery.

### Make sure you:

- Help your child to dress in comfortable clothing and bring a favorite toy or blanket
- Arrange childcare for your other children
- Have acetaminophen (Tylenol) and Gravol on hand at home
- Prepare your child or teen so they have an age appropriate understanding of what's going to happen at the hospital.
- Arrange for time off work or another responsible adult to stay with your child or teen for 24 hours after surgery. It is important to watch for any problems that could happen after surgery.

### Fasting Guidelines

- Offer your child or teen a healthy snack before bedtime the night before surgery.
- **Nothing to eat after midnight** the night before your surgery. This includes chewing gum and candies.
- Your child or teen may have water, apple juice, ginger ale and nothing else up to **three hours** before surgery.
- If your Surgeon or Anesthesiologist tells you to give your child regular medications the day of surgery, give those with water only up to three hours before
  - Do not give medications with applesauce, yogurt or other foods, even if you usually give medications this way.

## Why can't my child eat or drink before surgery?

Everyone having anesthesia (sleep medicine for surgery) must have an empty stomach. While your child is in a deep sleep for surgery, any food or fluid in the stomach can come back up into the throat and drain into the windpipe and lungs. This can cause some breathing problems and infection, which can be very serious. Follow fasting directions carefully.



**WE MAY NEED TO CANCEL YOUR CHILD'S SURGERY IF YOUR CHILD HAS SOMETHING TO EAT OR DRINK BY MISTAKE.**

## The Day of Surgery



Please go directly to the "Registration Waiting Room" on the first floor and pull a number. Your number will be called to register.

After registration is complete a Nurse will bring your child and **one parent** to the Surgical Day Unit to accompany your child until they enter the Operating Room.

**Please note** the pre-op area is a small room so one parent at a time is permitted. You may take turns with your spouse. We are unable to accommodate parents inside the Operating Room or Recovery Room.

## In the Day Surgery Unit

The nurses will:

- Give your child/teen hospital pajamas to wear
- Review allergy status, and ensure your child/teen has not eaten
- May give your child/teen medication before anesthesia if it is ordered
- Insert an IV – a soft plastic tube placed in the vein in the hand or arm
  - For children older than 10, this is done pre-op in the Day Surgery unit
  - For younger children this is done in the operating room after your child is asleep.





## **During Surgery**

- Please wait in the “Registration Waiting Room” level 1 main floor.
- There is a cafeteria located in the basement, “B” level. The elevator is located across from the waiting room.

Our Day Surgery area is a small space so for the confidentiality and care of all patients, parents are not permitted in the Operating Room or Recovery Room. 1 parent at a time may accompany the child/teen until they enter the Operating Room. The waiting room is a good place to think of any questions you’d like to ask the Surgeon when the surgery is over. A Nurse or the Surgeon will let you know when the surgery is complete and when your child/teen will be ready to go home.

## **After Surgery**

Your child will go to the Recovery Room to fully wake up after surgery. Each patient reacts differently after anesthesia. Some sleep for a long time while others are restless and cry as they wake up. Your child or teen will stay in the Recovery Room until they are awake, comfortable, and stable. This usually takes 1-2 hours, but it sometimes takes longer.

## **Your child or teen will have:**



- A specialized nurse with him/her
- An oxygen mask on
- Monitors for heart rate and blood pressure
- May have an IV

The nurse will call you with an update on your child’s status. Post-operative instructions will be reviewed at the time of discharge.

## **Here your child or teen:**

- Will be offered a popsicle, juice, water
- Can watch television or read quietly

## **You can help by:**

- Letting your child rest
- Picking up any prescriptions from the Pharmacy in advance to avoid a stop on the way home

# GOING HOME

The Nurse will tell you when it is okay to go home and will bring your child/teen out from the Day Surgery area to meet you. The Nurse will go over post-op instructions, prescriptions and follow up appointments with you before you leave.

Make sure a responsible adult stays with your child or teen for **24 hours after surgery**. Don't plan any activities for the rest of the day; let your child or teen rest. It may be necessary to take extended time off work for your child's recovery depending on the surgery. Your Surgeon or pre-op Nurse can help to determine how long your child's recovery is expected to take.

Your child may be unsteady when walking after their surgery. It is important to stay with your child until they can walk confidently.

**If you have any problems or are concerned about your child's condition for any reason, please contact your Surgeon or the nearest Emergency Department.**

## Important Numbers

Carleton Place Hospital: 613-257-2200

Carleton Place Hospital Booking Office: 613-253-3803

Ambulance: 911





**MRHA** **Mississippi River Health Alliance**  
Carleton Place & District Memorial Hospital

