



Child & Youth 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.

Visitor parking costs \$3.00.

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've 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.

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's 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 doctor 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 he/she knows. This is a good way to find out what he is 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 “the doctor will fix them, and the nurses will 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's important to prepare your children and youth for the anesthetic. Explain that your child or teen will:



- Get medicine to help him/her fall into a deep sleep before the surgery
- Breathe medicine in through a mask or get 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.



Piercings and jewelry (metal and plastic)

Make sure to remove all studs and jewelry before surgery to prevent problems like:

- Choking on or swallowing tongue studs or lip rings. Jewelry in and around the mouth can become loose or get accidentally pulled out during surgery, and can get stuck in your windpipe or end up in your stomach.
- Piercings getting caught or pulled out when we are positioning you on the operating room bed.
- Burns – wearing metal jewelry can cause burns if we use certain equipment during your surgery.

Driving after Surgery

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



Teen Girls

- If you have your period, use a pad instead of a tampon on the day of your surgery.
- If there is a chance you are pregnant, it is very important to tell the nurse or doctor.
- Tell your doctor if you use Depo Provera or any other hormonal birth control method.
- If you are taking birth control pills, ask your doctor if you should take one on the day of surgery.
- 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 though!

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.

COVID-19 Screening

In order to ensure your child's safety in the current COVID-19 environment, CPDMH screens all patients and their caregivers/household for possible COVID-19 symptoms. During your pre-operative appointment the nurse will ask if your child or anyone in your household has been exposed to someone with a confirmed case of COVID-19 and if you or your child are experiencing the following symptoms: Fever, cough, shortness of breath, runny nose, nasal congestion, sore throat or painful swallowing, abdominal pain, diarrhea, nausea, vomiting, headache, pink eye, loss of smell, chills, muscle aches, or fatigue.

What if my Child or Teen is sick before Surgery?



Call your Surgeon's office if your child:

- Is experiencing any of the above possible COVID-19 symptoms
- Has a cold or cough with mucous (and doesn't feel like eating or is very tired)
- Is wheezing
- 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 pre-op clinic at the Carleton Place Hospital:

During the day at: 613-257-2200 extension 867 Monday – Thursday.

Please leave a message on the answering machine.

If after 4:00 the day before surgery please call main switchboard 613-257-2200.



The Day Before Surgery: Checklist



Make sure your child or teen:

- Follows the fasting guidelines seen on the following page
- 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

Make sure you:

- Help your child to dress in comfortable clothing and bring music, books, and a favorite toy
- Arrange child care for your other children.
- Have acetaminophen (Tylenol or Tempra) and Gravol on hand at home.
- Prepare your child or teen so he/she has 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 or drink after midnight the night before your surgery. This includes chewing gum and candies.
- If your surgeon or anesthesiologist tells you to give your child regular medications the day of surgery, give those with a very small sip of water only up to two hours before. Do not give medications with applesauce, yoghurt or other foods, even if you usually give medications this way.
- Your child or teen may have **sips of clear fluids**: water, apple juice, ginger ale and nothing else up to **two hours** before surgery.

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



You and your child will be screened for COVID-19 symptoms upon arrival to the hospital.

You will be directed to the "Registration Waiting Room" to complete the registration.

After registration is complete a nurse will bring your child and **one parent** to the Surgical Day Unit.

As waiting areas are limited to maintain physical distancing, we ask that you wait outside of the hospital or in your car. The surgeon will contact you by phone once the surgery is completed. Please have your phone turned on.

In the Day Surgery Unit (located behind the Emergency department)

The nurses will:

- Give your child hospital pajamas to wear
- Review allergy status, and ensure your child has not eaten
- May give your child medication before anesthesia if it is ordered. If we give your child a sedative before surgery, he/she will rest in bed until the surgery. This sedative quickly makes children and youth drowsy.
- Insert an IV – a soft plastic tube placed in the vein in your hand, or arm for children older than 12. For younger children this is done in the operating room after your child is asleep.



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 he/she is awake, comfortable, and stable. This usually takes 30-45 minutes, 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
- Sitting by your child's side
- Comforting your child by holding his hand, reading a book.

Please Remember:

Other patients and parents will be in the step down recovery room area at the same time. It is important to respect the privacy of others. No cell phone use or picture taking is allowed.

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.



GOING HOME

Going Home

The nurse will tell you when it is okay to go home. Your surgeon will go over 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, for example a tonsillectomy requires a minimal of a week recovery.

Your child may be unsteady when walking after the operation. It is important to stay with your child until he/she is able to walk confidently.

If you have any problems or are concerned about your child's condition for any reason, please contact your surgeon or the Emergency Department of the hospital.

Important Numbers



Carleton Place Hospital: 613-257-2200

Carleton Place Hospital Pre-Operative Office: 613-257-2200 extension 867

Ambulance: 911





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&
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Hospital