



## Preparing for a surgery

### What to expect

You will be contacted by the surgery center the day before your child's procedure. They will tell you what time to arrive for surgery and finalize eating and drinking instructions prior to surgery. Your child's anesthesiologist will try to contact you the evening prior to surgery to go over the details of your child's anesthetic care. If they are unable to contact you beforehand, they will meet with you prior to your child's surgery.

For safety reasons, your child is limited in what they may eat or drink prior to surgery.

Typical NPO (nothing by mouth) times are:

**8 hours prior to surgery** – no fatty foods (meats, peanut butter, etc.)

**6 hours prior to surgery** – no milk, formula or light foods (cereal)

**4 hours prior to surgery** – no breast milk

**3 hours prior to surgery** – no food or liquids of any kind

Please keep in mind these are guidelines. The surgery center or anesthesiologist may provide you with more specific instructions.

If your child has developed a cold, sore throat or fever, it's very important that you alert your surgeon, anesthesiologist, or nurse as soon as possible.

Your child should wear loose, comfortable clothing to the surgery center. In most instances, your child will wear this clothing to the operating room. Two-piece clothing with open feet is preferable as this facilitates the placement of monitoring equipment during surgery. No snaps, zippers or jewelry please.

### Items you may want to bring:

Empty bottle or sippy cup for clear liquids after the procedure

Your child's comfy – blanket, stuffed animal, pacifier

A DVD or tablet (iPad) to watch in pre-OP and recovery

Upon arrival at the surgery center, your child will be taken to the preoperative area in preparation for surgery. You may stay with your child up until the time he or she is taken to the operating room.

After surgery, your child will go briefly to the recovery room, and then to the discharge unit, where you will be reunited. Depending on the type of surgery your child has, your stay at the surgery center will be one to four hours.

Please refer to the postoperative instructions after surgery. They address most questions you may have following surgery.

Please remember following a surgical procedure, your child may require some recovery time.