



These instructions are a guide to help you understand and prepare for your child's upcoming surgery. These instructions may not answer all of your questions. Please feel free to contact us with any concerns you may have at (405) 631-3085 - Option 3

### The Day Before Surgery

- You will be notified the business day before your child's surgery to confirm your child's arrival time.
- Remember to have your child drink plenty of fluids the day before their surgery.
- **Pre-surgical eating and drinking guidelines – It is very important that your child follow these guidelines. If these guidelines are not followed, your child's surgery may be cancelled.**
  - **After midnight: Stop all solid foods and non-clear liquids (this includes any foods, hard candy, and gum)**
  - **6 hours before arrival: Stop infant formula**
  - **4 hours before arrival: Stop breastmilk and clear liquids (water, apple juice)**
- Your child can brush their teeth, just make sure they spit the water out.
- They may take medications with a small sip of water, if instructed to do so during your call with the nurse.

### The Day of Surgery

- Have your child bathe with an antibacterial soap (such as Dial or Irish Spring), unless you were given a special soap to bathe with.
- If your child shaves, tell them not to shave near their surgical site.
- Do not wear perfumes, powders, lotions or aftershave.
- Remove nail polish and artificial nails prior to surgery. This is especially important if they are having surgery on their hand, wrist or arm. If they are having surgery on their lower extremity such as their leg, hip, knee foot or ankle, please remove toe nail polish.
- Leave all jewelry and valuables at home.
- If your child wears glasses, bring a case for them. If they wear contact lenses, have them leave those at home and wear glasses instead.
- Wear loose and comfortable clothing. No footie pajamas please.
- Bring an insurance card and photo ID.
- If your child becomes ill the morning of their procedure, please contact us or their physician's office as soon as possible to cancel.
- Please feel free to bring your child's favorite toy or an electronic video device to help pass the time and help ease anxiety.
- Plan to stay at the facility at all times during your child's procedure.

### Medications

- During your child's Pre-Admission Testing appointment/phone call, a nurse will review with you which medications your child will need to take the morning of surgery and which medications your child will need to stop prior to surgery. See below for GENERAL guidelines.
  - If your child normally takes the following types of medications in the morning, please have them take them the morning of surgery with a small sip of water:
    - ✓ Blood Pressure

- ✓ Thyroid
  - ✓ Seizure
  - ✓ Heart
  - ✓ Anti-Psychotic/Anti-Depressant
  - ✓ Respiratory medications including inhalers
- In general, the following types of medications need to be stopped at least 5 to 7 days prior to your procedure:
    - ✓ NSAIDS (Celebrex, Ibuprofen, Advil etc.)
    - ✓ Herbal Vitamins/Supplements (Ginseng, Fish Oil, Vit. E etc.)
    - ✓ Aspirin or Aspirin containing products (Pepto-Bismol, etc.)
    - ✓ Weight Loss medication STOPPED 2 WEEKS PRIOR (Phentermine etc.)
  - Blood thinners also need to be stopped prior to your child's procedure. These include Plavix, Xarelto, Warfarin etc. Please reach out to the provider's office who prescribed the blood thinner to them for clear instructions on when to stop them.
  - Diabetic Medication Guidelines: Please ask the doctor who prescribes your child's medication, if he/she should adjust the dosage the morning of surgery.

#### Legal Documentation

- Legal guardians and Power of Attorney paperwork MUST be provided upon admission.
- The biological parent must be present to sign the child's procedure and anesthesia consents. If the legal guardian is not the biological parent, then a copy of the legal guardianship documentation must be provided to the hospital.
- If the child is a foster child, a copy of the placement papers must be provided and the judge with jurisdiction must authorize consent for the foster child to have the procedure by signing the operative and anesthesia consents. When you speak with the nurse during your phone call, let them know so we can get the paperwork to the judge.

Visitors: Visitors are allowed but may be restricted to 2 visitors at a time in the patient care areas. Additional visitors may be asked to wait in the waiting room. Visitors who are children, must be accompanied by an adult.