



Coming for Surgery

WORKBOOK

This workbook is designed for all SickKids patients and families.
The language we have used refers to caregivers and SickKids patients.

SickKids[®]



Artwork by
Emily Kewageshig

Coming for Surgery Workbook

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Helpful Tips

JETS (Journaling the Experience Through Surgery) and HUPS (Helping You Prepare for Surgery) will guide you through your journey. Find them hiding throughout this workbook!

Follow these fasting instructions (more information on page 21). Your child or youth's surgery may be cancelled if they have eaten or haven't followed the fasting requirements for liquids.

STOP SOLID FOODS AT MIDNIGHT BEFORE OPERATION TIME

Includes liquids with solid components (NO orange juice, soup broth, Jell-O)

STOP MILK/FORMULA/TUBE FEEDS 6 HOURS BEFORE OPERATION TIME

Including cow, oat, almond and soy, formula and tube feeds

STOP BREAST MILK 4 HOURS BEFORE OPERATION TIME

STOP CLEAR FLUIDS 3 HOURS BEFORE OPERATION TIME

Fluids you can see clearly through (ONLY water, clear apple juice and ginger ale are allowed)

- If your child is sick in the 2 weeks leading up to surgery please contact **416-813-7654 Ext. 227502** and leave a message. A nurse will return your call.
- If you are running late on the day of surgery, please contact the Pre-Operative Care Unit (Pre-Op) at **416-813-5088**.
- For any questions please contact your surgical admin.
- Arrive 2 hours before your surgery time to the pre-operative care unit (map on page 6) unless otherwise indicated by your care team.
- Follow bathing at home before a procedure instructions on page 20.
- Bring your health card & legal custody documents.
- Bring your medication (or a photo of medication).
- Upon arrival, your child will be expected to remove all personal clothing/accessories and change into a hospital gown.
- Use a pad instead of a tampon on the day of surgery if you are having your period.
- Tie back long hair with plastic (non-metallic) hair elastics.
- Youth who arrive alone for their procedure must have a caregiver arrive for after-care and transport home from the hospital.

We recognize surgery has an impact on the whole family. We have made a list of important things to bring with you and links to help you plan your journey to SickKids. By following these steps, you are ensuring your child stays safe and ready for their surgery.

Remove jewellery, make up, artificial nails, nail polish

Remove contact lenses, dental retainers, tampons

Please note you will need to carry your items with you while you are at SickKids

For instructions how to get to SickKids by car or public transit, review [Map & Directions](#)

For those staying overnight and looking for places to stay close to SickKids, please visit [Staying Overnight](#)

Only two adults (parents or legal guardian) are allowed to accompany their child to the hospital

Sign up to MyChart and ensure your medications, contact information and allergies are up to date



Essential items:

- Your child's health (OHIP) card
- Health insurance information
- Legal custody documents
- All current, labelled medications your child is taking, including prescription and over-the-counter medications (see page 32)
- Mobility equipment (wheelchair, stroller, crutches etc.)
- Medical equipment and accessories (tracheostomy tube and obturator, G/J tube extension, hearing aids, CPAP machine etc.)
- Eyeglasses with labelled eyeglasses case
- Plastic hair elastics (non-metallic)
- Non-slip slippers or clean indoor shoes
- Diapers
- Menstrual pads

Items for after surgery in the hospital recovery area:

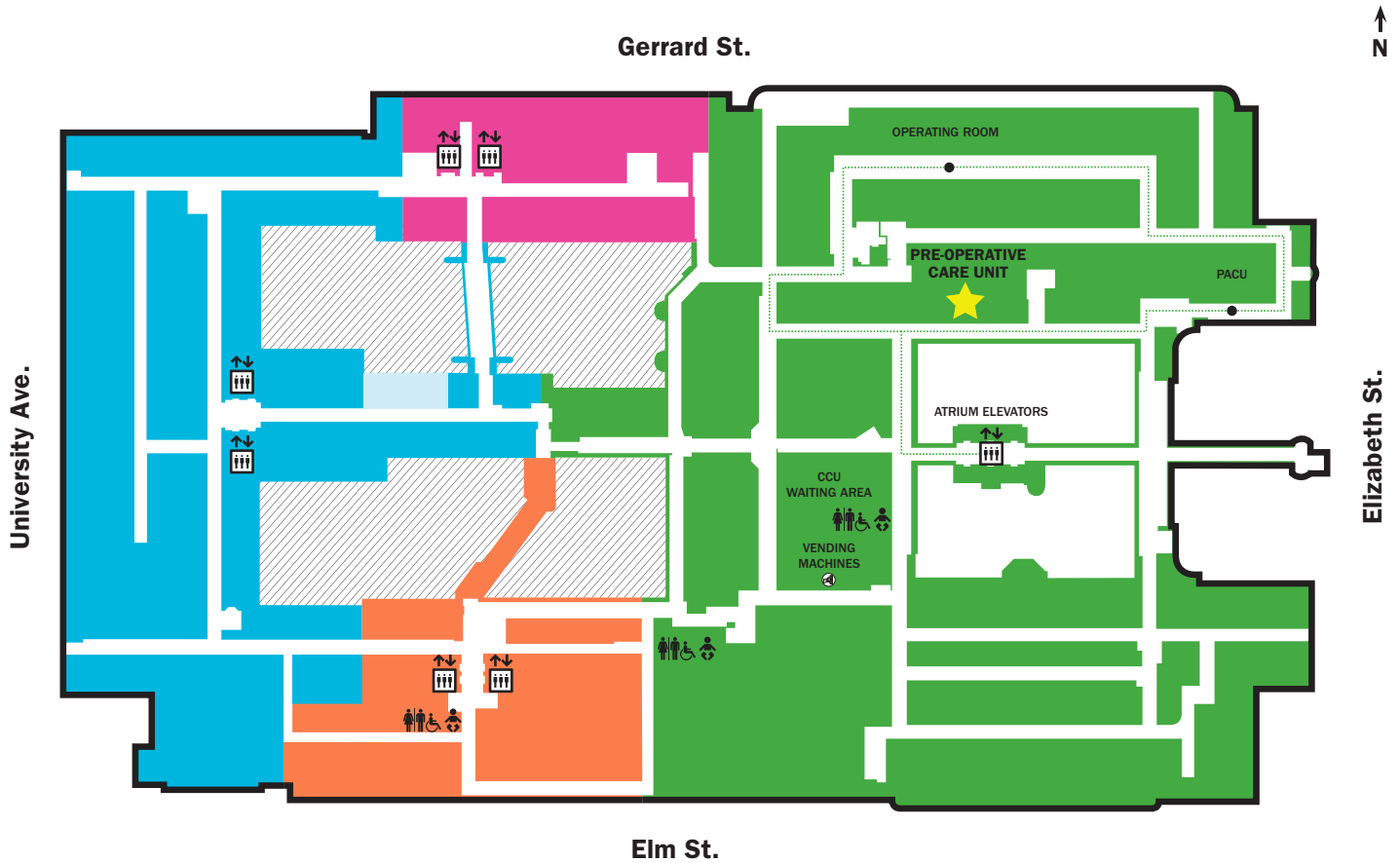
- An empty reusable water bottle or sippy cup (labelled)
- Bag to store your child's clothes (labelled)
- Comfortable clothes for going home
- Specialty formulas
- Breast pump

Additional optional items:

- Labelled comfort item (blankie or stuffed animal)
- Entertainment (books, tablets and games)
- Device chargers



Second Floor Map



Elevator



Washrooms



BLACK WING



HILL WING



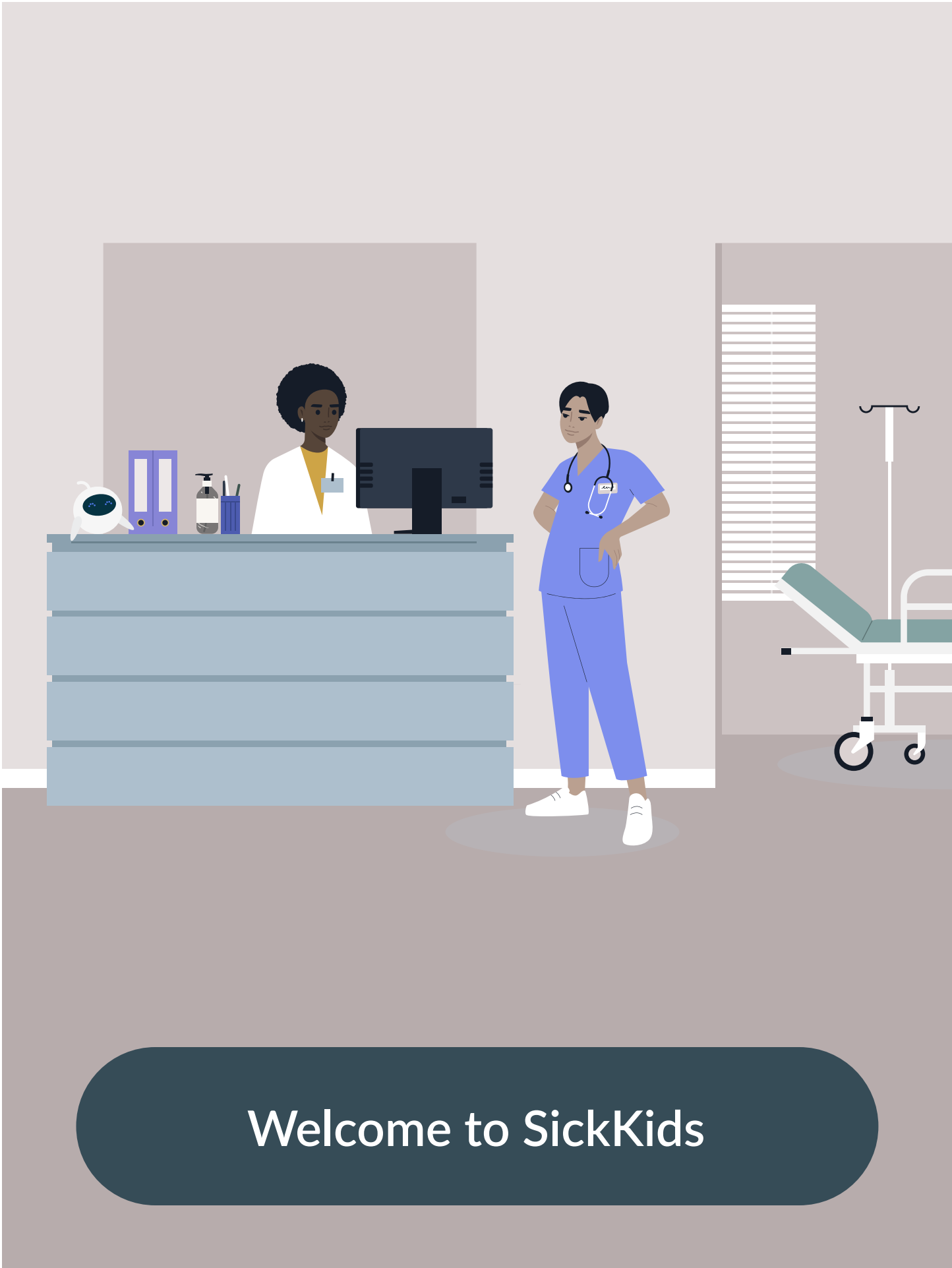
BURTON WING



SLAIGHT ATRIUM

Take the Atrium elevator up to the 2nd floor.
Look for signs that say Pre-Op (see star for location on map).
For questions please contact the Pre-Operative Care Unit (Pre-Op) at 416-813-5088.





Welcome to SickKids

This guide is for children and families coming for surgery or procedures under general anesthetic (going to sleep) at SickKids to help answer your questions and guide you through your journey.

We hope that you have a comfortable and positive experience at SickKids.

A teaching and research hospital

SickKids is world renowned for paediatric care and research. We help train student doctors, nurses and other health-care professionals from teaching programs around the world. All students working in the hospital are under the supervision of our staff.

We also conduct research and during your stay you may be asked to participate to help us improve how we deliver care. This may be as part of an improvement project or a research study. It is your choice to participate and your decision will not affect your care.



Interpreter services

Interpreter services is available for free. Please ask a staff member for more information.

Services and resources available during your stay

Tune in to SKOOP on channel 41 for SickKids produced TV.

FREE wireless Internet service

Available for all patients, families and visitors.

WiFi network: SickKidsGuest

Password: beourguest



Visit us on the web

www.sickkids.ca/welcome

Access your health information online



MyChart is a secure, online patient portal that provides patients and authorized family members and caregivers access to parts of their SickKids' electronic health record, anywhere, at any time. MyChart can be accessed online, via your favorite web browser, or you can download the app on iPhone or Android from their respective app stores.

www.sickkids.ca/mychart



The Patient and Family Rights and Responsibilities defines the rights of patients and families when receiving care at SickKids, and their responsibilities towards staff and other patients and families. You'll find it posted throughout SickKids.



Participating and partnering

Your input and expertise is essential, and you may notice things the health-care team doesn't. Tell us right away if you ever notice a mistake, or see or hear something, that doesn't make sense or that worries you.

Patients and families who are informed and involved in their care stay safer. We encourage you to talk to us and ask us questions. Working together with respect and understanding is the best way to keep patients safe.

Office of Patient and Family Experience

At SickKids, we believe that a positive patient and family experience happens through good communication, mutual respect, and true partnership between patients, families and staff.



What can the Office of Patient and Family Experience do for you?

- Provide a safe, supportive environment where you can share your comments, suggestions, and concerns.
- Listen to and support you through your surgical journey.
- Help you get the information you need.
- Respond to your concern and offer assistance to resolve issues or problems.
- Investigate any concerns related to discrimination and racism in the delivery of care to you or your child.
- Assist everyone to communicate effectively with each other – patients, families, and staff.
- Ensure your feedback is shared with your health-care teams.
- If you need language and/or special communication supports to share your experience, please let us know in the Office of Patient of Family Experience.

This service is free for patients and their families.

Contact us

Tel: 416-813-6181

Email: patient.experience@sickkids.ca



Patient Feedback | SickKids

You can contact the Office of Patient and Family Experience to provide feedback about your care experience at SickKids. Contact details and more information can be found here.

<https://www.sickkids.ca/feedback>



Sign up for



Your secure online health connection, anytime and anywhere

Stay connected to your health information

- View and update your medications and allergies
- Review lab and imaging results
- Access notes and after visit summaries



Save time and get more involved in your care

- Receive reminders and confirm appointments
- Join virtual visits
- Complete pre-visit tasks
- Review and sign consent forms

Communicate with your care team

- Send secure messages to your care team
- Receive letters
- Answer questionnaires



Simplify care for the whole family

- Parents/legal guardians can obtain proxy access for patients under the age of 12, and with permission from patients over the age of 12

Some features may not yet be available in your department. For more information, speak to your care team.



MyChart is free! Scan the code to sign up
or visit www.sickkids.ca/mychart



About Me

At SickKids, we want to know what matters to you, your child and family. We encourage you to fill out and share the following section to increase your feelings of safety and collaboration with the health-care team. What matters to you, matters to us!

For older children and adolescents, you can work on completing this section or a parent or caregiver can complete it for a younger child. Then use this as a guide to have a discussion with your health-care provider.

| | |
|----------------------------|--|
| Name | |
| Pronouns | |
| My caregiver(s) name(s) | |
| My medical technologies | |
| Something special about me | |
| My interests/hobbies | |
| My surgery | |

How much are you/your child involved in discussion?

We want to make sure you understand all the information you are receiving. Let us know how much information you like to hear at once, and how you like to receive information.

- My child/I do not want to be part of medical discussions
- My child/I want to know only the 'need-to-know' information
- My child/I want to know as much as possible about their medical care



What helps you during painful procedures?

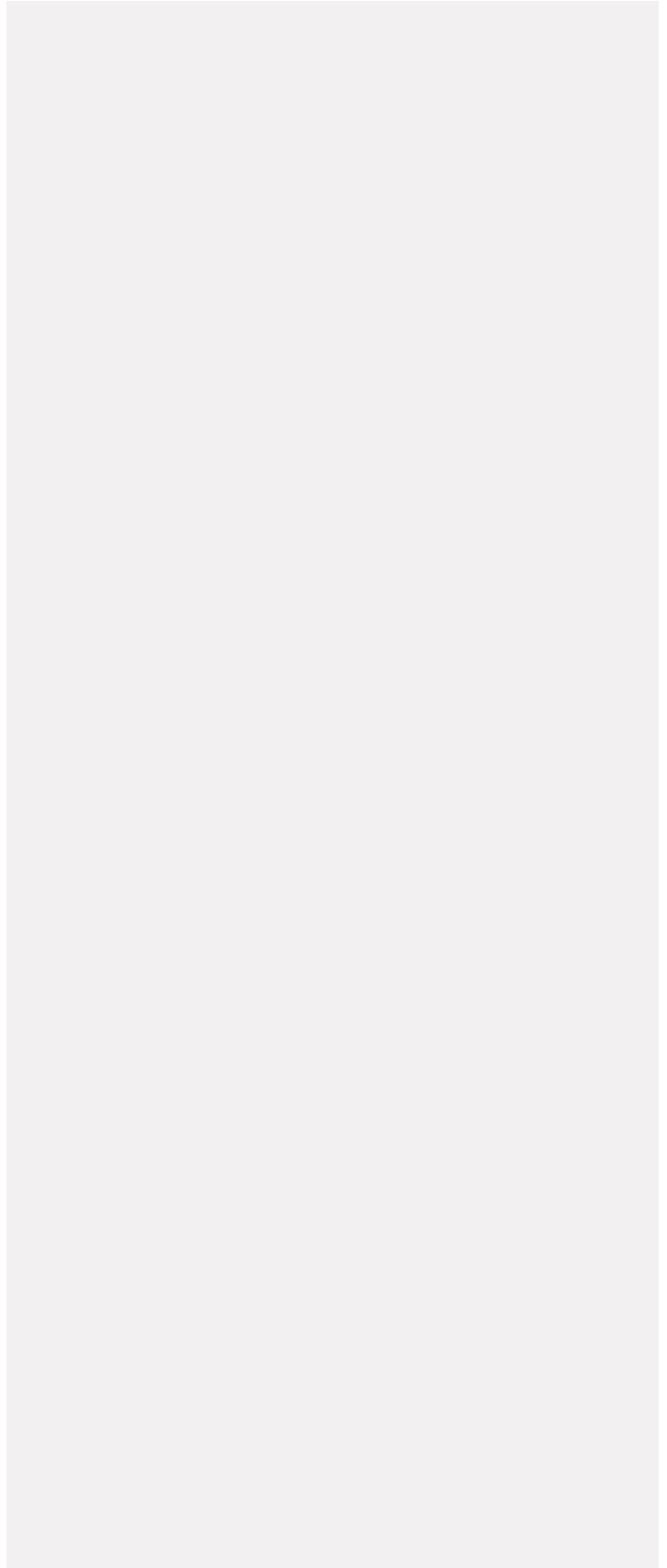
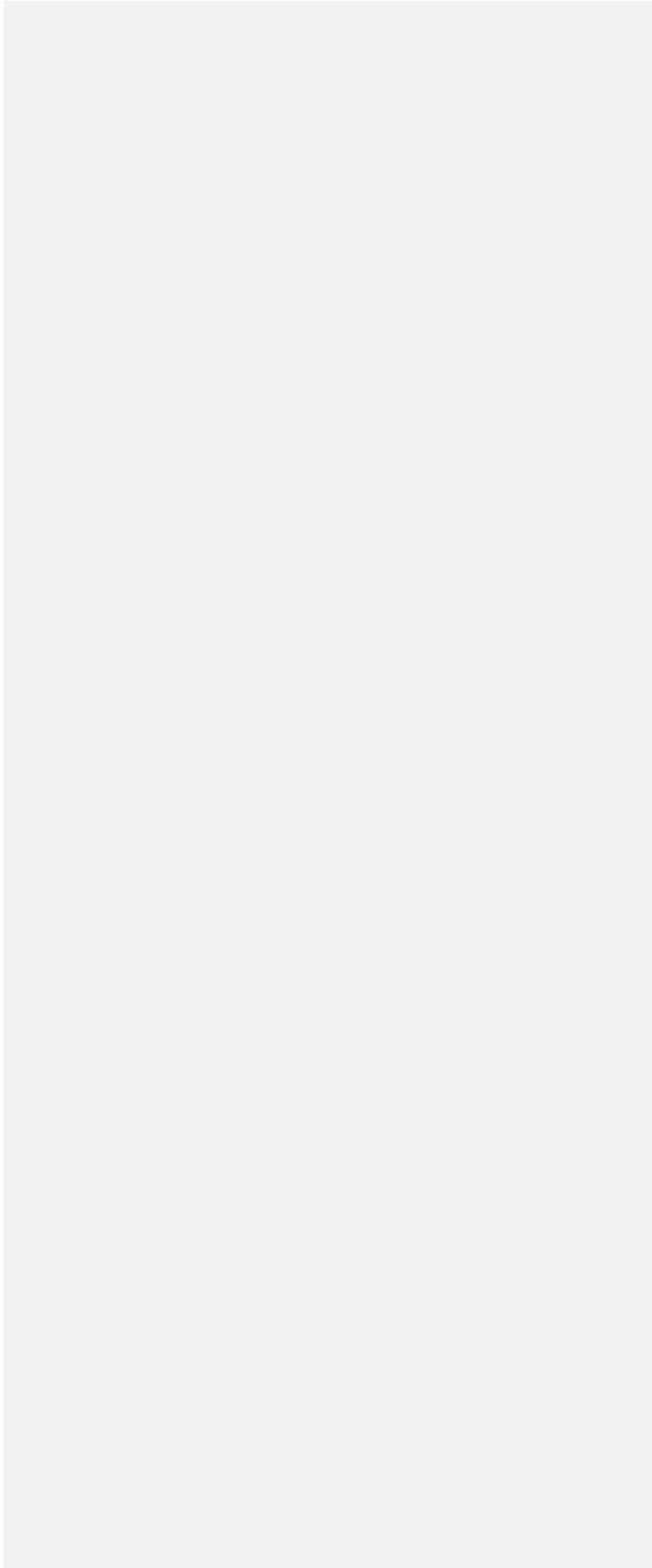
For example numbing cream, distractions (watching a video or listening to music), moving into a comfortable position

A large, empty rectangular area intended for handwritten notes or answers to the question above.

Questions I/we have about the surgery and things to remember

Keep track of words or acronyms related to your surgery that you want to learn more about.

We encourage you to write down questions you have and ask your care team when you speak to them.





Preparing for Surgery

Before you/your child's surgery there are steps to take to make sure the health care team have all the information they need from you to safely care for you. Everyone's surgery journey is different but here are some examples.

Giving consent (you agree to have surgery)

Giving [consent](#) (giving permission to your health-care team) is part of the surgery preparation process. The surgical team will talk about the procedure with you and ask you to sign consent so they can complete the procedure.

A custodial parent or legal guardian must be present to sign or confirm your child's surgical consent. Please bring all custodial information on the day of surgery. Consent includes the following:

- General consent for admission to be admitted to hospital
- Consent for surgical treatment
- Consent to share your information with other health-care teams as required

Laboratory and other diagnostic testing

Laboratory testing (e.g. blood tests or scans) may be required before surgery to make sure your health-care team has the information they need to safely care for you. Your surgical team will let you know of any tests your child needs. If these tests are to be completed by your family doctor, email the results to the surgical admin or the nurse and bring them with you on the day of your procedure.

Preanesthesia (PAC) clinic appointment

[Anesthesia](#) is a mix of medicines that helps your child fall into a deep sleep. This means your child will not feel pain or remember the procedure.

A pre-anesthesia clinic appointment may be required depending on your child's health history and the type of surgery. During this appointment you will be asked a series of questions about your child's health history and current health so a plan can be made for the day of surgery.

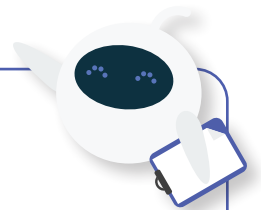
Gather information from trusted sources

[AboutKidsHealth.ca](#) is SickKids' health education website for children, youth and their caregivers. We recommend starting your search there.

Use page 14 of this workbook to help you think about questions you have or things you would like your care team to know and use it as a guide on the day of surgery.

Waiting, possibility of cancellation

Sometimes surgery may be delayed or canceled because of emergencies. If this happens, we will let you know as soon as possible.



JETS TIP

Depending on the plan made by your care team you may meet a child life specialist in advance or on the day of surgery who can help you prepare for surgery, answer questions and make sure you feel comfortable. At any point in your surgical journey you can ask your team to connect you with child life support!

Health Check-In! Your child must remain well during the 2 weeks before surgery. Any recent illness can impact your child's recovery. If your child is sick in the 2 weeks leading up to surgery please contact 416-813-7654 Ext. 227502 and leave a message. A nurse will return your call.

Check your child's health

It is important your child is well before surgery. A fever, cold, cough, runny nose or sore throat can make it harder for your child to breathe during or after the procedure as well as making recovery longer.

Does your child have any of the health issues listed below?

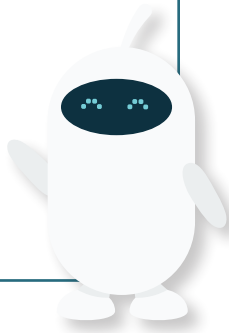
- Recent asthma flare
- Fever, cold, cough, runny nose or sore throat
- Recent viral infection including COVID-19, flu, pneumonia, or RSV
- Exposure to TB, chicken-pox

If your child is sick in the 2 weeks leading up to surgery please contact 416-813-7654 Ext. 227502 and leave a message. A nurse will return your call.

Please ensure that the parent or guardian accompanying the child is in good health. If they are unwell, we kindly request that an alternative caregiver accompany the child.

HUPS TIP

SickKids uses Operating Room Data Recording (ORDR) technology in some of the operating rooms. It allows SickKids an opportunity to improve safety culture, clinical staff education and training, and improve the workflow of the OR using video review.



Talking to your child about surgery

Be honest

Help your child understand what is going to happen and why to the best of your ability.

Being honest builds trust.

Appropriate language/words

[Try to use language your child will understand.](#)

This helps them feel prepared.

Gather information from trusted sources

[AboutKidsHealth.ca](#) is SickKids' health education website for children, youth and their caregivers. We recommend starting your search there.

Allow your child to ask questions and encourage discussion

You don't have to know the answer, but let them know you will help them find the answers by writing down your child's questions and speaking with the surgical team.

Be reassuring and available

At SickKids we provide family centred care and recognize caregivers may also need support and reassurance which we are happy to provide.

Help prepare and make a plan together

Having surgery can feel like losing a sense of control for children, making a plan together and making sure you allow them control of decisions when possible will go a long way to provide reassurance.

Be patient and supportive

Unexpected behaviours can arise in times of stress. Give your child time and support, and know these changes will usually improve after the stressful time has passed.

Waiting, possibility of cancellation

Sometimes surgery may be delayed or canceled because of emergencies. If this happens, we will let you know as soon as possible.

Provide age specific support and information

Children at different ages have different needs as they prepare for their surgical journey, check out [AboutKidsHealth.ca](#) to find more information for your child's specific age.



Instructions for the Days Before Surgery

Bathing at Home Before a Procedure

Instructions for bathing or showering before coming for a procedure





You play an important role in reducing your child's risk of infection by bathing or showering before a procedure. Bathing or showering with soap lowers the chance of a surgical site infection.

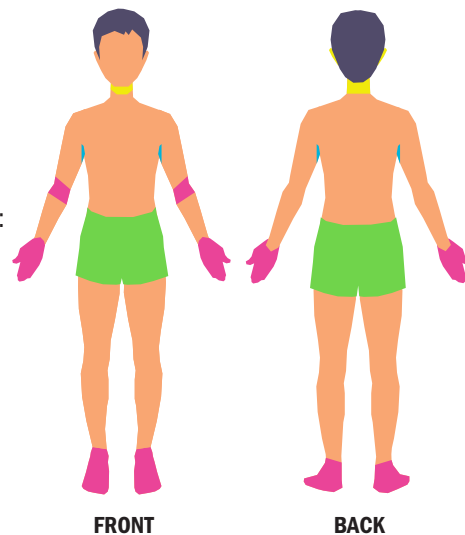
AT HOME, BATHE OR SHOWER YOUR CHILD TWO TIMES BEFORE THE PROCEDURE WITH SOAP AND WATER AT THESE TIMES:

- 1. 48 HOURS (2 DAYS) BEFORE PROCEDURE**
- 2. 24 HOURS (1 DAY) BEFORE PROCEDURE**

Germs can grow in certain areas of the body. These are the areas to concentrate on:

Always start with a shampoo of your child's head. After the shampoo thoroughly **cleanse ALL parts of their body** with special attention given to (see diagram):

-  Neck and behind the ears
-  Hands, feet, and elbow creases
-  Armpits
-  Groin and diaper area



DO
use liquid soap
(any kind)



DO
wear clean clothes
following bath/shower



DO
report rashes, infections,
open areas/sores BEFORE
scheduled surgery date



DO NOT
use bar soap



DO NOT
use hair conditioner or
leave-in styling products



DO NOT
use lotion, cream, oils, powder
or perfume after bathing

When you arrive at SickKids, you will be given a package of bathing wipes with instructions to use on your child before their procedure. This will also lower the chance of infection after surgery.

SickKids

Stop Eating and Drinking Before Anesthesia or Sedation

Any food or liquid in your child's stomach while going to sleep under anesthesia can flow up to the mouth and pass down into the lungs. This is **VERY DANGEROUS** for your child.

If these rules are not followed your child's procedure will be cancelled.



Rules for Eating and Drinking Before Operation Time

STOP SOLID FOODS AT MIDNIGHT BEFORE OPERATION TIME

Includes liquids with solid components (NO orange juice, soup broth, Jell-O)
NO gum or candy

STOP MILK/FORMULA/TUBE FEEDS 6 HOURS BEFORE OPERATION TIME

Including cow, oat, almond and soy, formula and tube feeds

STOP BREAST MILK 4 HOURS BEFORE OPERATION TIME

STOP CLEAR FLUIDS 3 HOURS BEFORE OPERATION TIME

Fluids you can see clearly through (**ONLY** water, clear apple juice and ginger ale are allowed)





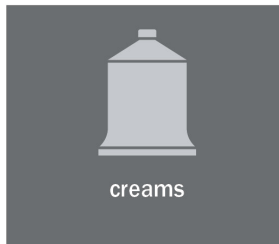
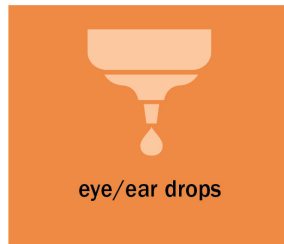
Protect Your Child

Prevent Medication Mistakes

Some medications cannot be taken with other medications or anesthetic. To make sure your child safely takes the right medications while at SickKids, doctors and nurses must understand **ALL** the medications your child takes at home.

What we need from you

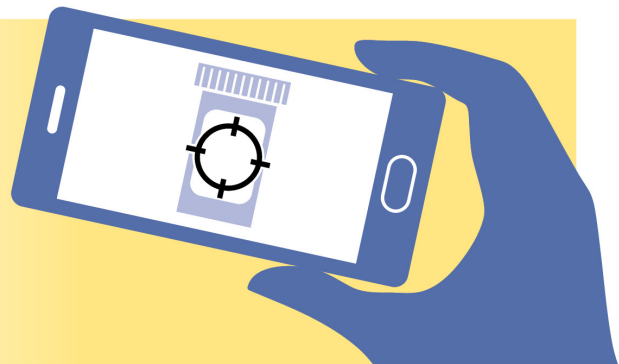
PLEASE BRING THE FOLLOWING ITEMS



Make it simple

We understand carrying the medications may be difficult. Another option is to **take photos** of labels on each bottle or container of medication, ointment, vitamin, drops, etc.

Ensure the dosage amount can be seen in the photo. You can take front and back photos if required.

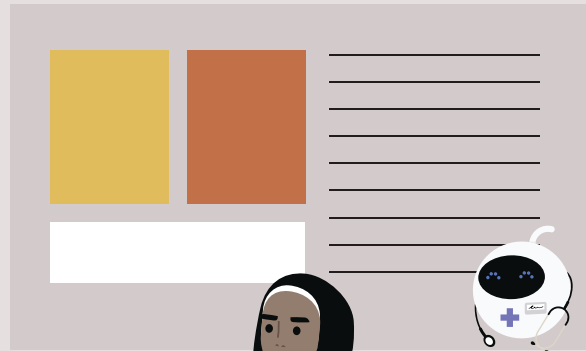
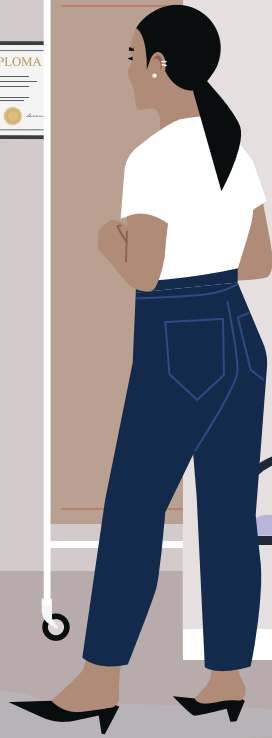


Please call **416-813-5609** and press option **2** or **3** if you have any questions.



CSS# 68520

3



Day of Surgery

Your Journey into Surgery

Parking

[Parking](#) is available under the hospital. Discounted parking passes are available for parents of patients and their frequent visitors.

1

Arrival

Register in the Pre-op Care Unit (2nd floor). Arrive 2 hours early (unless otherwise indicated) to allow the team to get you ready safely. See map on page 6.

2

3

Getting Ready

Change into your hospital gown and record your height and weight with the patient flow coordinator.

4

Get a wrist band

An identification (ID) band placed on your child's arm or ankle must be worn at all times to ensure safety. For security purposes, always wear the sticker provided to you to indicate you are there for surgery.

5

Health Check

A pre-op nurse will take your vital signs (heart rate, blood pressure) and give you wipes to carry out a [pre-operative bath](#).

...

Waiting

You may have to wait while the team prepares for your surgery. Try to stay relaxed and calm by using distraction tools (watch a video, read or play a game) with your caregiver.

6

Meet your care team

Meet the surgeon and anesthesiologist who will complete a physical assessment to ensure you are ready for surgery and you can ask any remaining questions you may have.

7

Going into surgery

Once the operating room (OR) is ready for you, an OR nurse will come and meet you to take you into the OR.

Going to sleep (Induction of anesthesia)

This process is a little bit different for everyone.

- You will go into the OR (operating room), sometimes a parent is able to join you but not always.
- Once you are in the OR the nurse and anesthesiologist will help you lay down on the OR bed (if you aren't on a bed already) and make sure you are comfortable.
- Monitors are attached to you which will help the health-care team look after you during your surgery.
- There are different ways to go to sleep – sometimes through a mask and sometimes IV (an intravenous line accessing your vein), the anesthesiologist will decide what the best option is.
- If it is IV, numbing cream may have been applied to the site to help reduce discomfort.
- The medicine given via the mask/IV will make you fall asleep, and you will also be given pain medicine to help you stay comfortable.
- During the surgery the medicines given will ensure you don't feel, hear or see anything and stay asleep until the surgery is finished.
- Once the surgery is finished you will wake up in recovery.



JETS TIP

For all patients assigned female at birth who are 12 and older or have already started having periods, you will be asked to provide a urine sample to complete a pregnancy test before surgery. This is done to keep you safe under anesthesia and for your procedure.

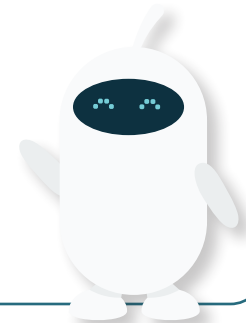
JETS TIP

Comfort Promise

SickKids is passionate about preventing needle-poke pain and promoting comfort to our patients! Through our [Comfort Promise](#) initiative, all patients will be offered pain management techniques to prevent and minimize needle-poke pain. These techniques include comforting positions, distraction, sucrose/breastfeeding options, and skin numbing cream. For more information visit <https://www.aboutkidshealth.ca/comfortpromise> or ask a member of your health-care team for more information.

HUPS TIP

Everyone goes into the OR in different ways to ensure they are safe. It may be on a hospital bed if you have taken medication to make you feel calm. Sometimes caregivers can go with a child into the OR, this needs to be discussed with the anesthesiologist ahead of time.



Can you find JETS and HUPS?





Waiting For Your Child

SickKids has a variety of places and services for you to use while your child is in surgery. It is important for you as a caregiver to take care of yourself so you can take care of your child when they are recovering from surgery.

Surgical waiting room

After your child goes in for surgery, you will be directed to the Surgical Waiting Room.

You can wait here while your child is in the operating room. This is a good time to have a snack and something to drink to ensure you have energy to look after your child when they wake up. It is best to check in with the volunteers when you get there so they know how to notify you when your child is ready to see you after the surgery. Private rooms are located within the surgical waiting room and are available to discuss your child's surgery with the surgeon.

Breastfeeding at SickKids

If you need support to pump or breastfeed while you wait, breastfeeding rooms are available.

If you are staying for only the day of surgery, you will need to bring equipment with you. If you are staying overnight, the room is equipped with breast pumps. All other supplies for pumping need to be brought to the breastfeeding room.

Ask a nurse in pre-op if you need support.

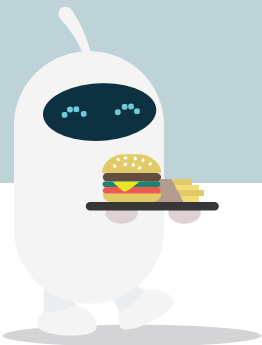
Shopping and eating

We encourage you to take a walk and distract yourself.

SickKids has places to eat, shop for toiletries, medicine, clothes, toys, gifts and special foods.

Ask a staff member for help to find these services or visit our website for more information about where to shop and eat at SickKids.

www.sickkids.ca/shopandeat

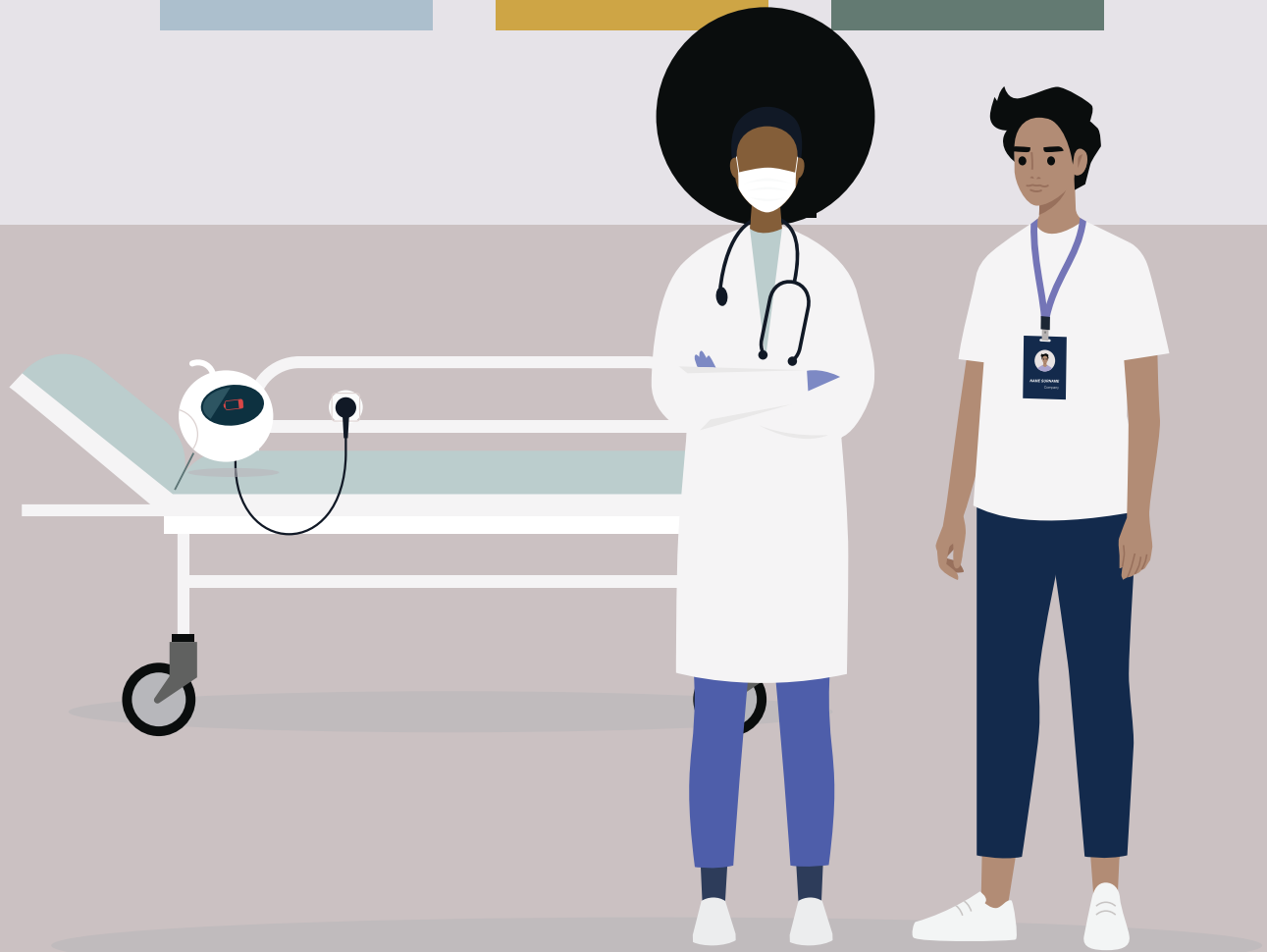


Sacred spaces and practices

These spaces are open 24/7 for quiet prayer and meditation

- Meditation & Contemplation Room
- Muslim Prayer Room
- Chapel
- Indigenous Healing Space and Ceremonies

Indigenous ceremonies such as smudging can occur in various spaces in the hospital, including at the bedside. Please ask your healthcare provider for more information. Please contact patient.experience@sickkids.ca to connect with our Indigenous Health Navigator and Patient Experience Specialist.



Recovery After Surgery

It can take up to one hour (sometimes longer) after surgery before your child is awake and ready for you to visit. The nurses in the [PACU](#) (Post Anesthetic Care Unit) will let you know when you can visit your child by displaying the message on a computer screen in the waiting room. The nurse may also phone you while you are in the waiting room. At this time a volunteer will take you to the recovery room.

Visiting your child in PACU

- Children come into the PACU directly from the Operating Room and will be connected to monitors during their recovery time.
- If an alarm sounds on your child's monitor, the nurse will come to check on your child.
- Your child may be grumpy and cry when they wake up from surgery. This is normal.
- The PACU can be busy, noisy and crowded.
- Most children having day care surgery and procedures go home within one hour after arriving in the PACU, some children will be required to stay overnight. Your care team will discuss this with you.
- The health-care team will determine when your child is ready to go home or be transferred to the ward.
- Your PACU nurse and surgeon will also provide you with post-op care instructions called the After Visit Summary (AVS) as well as contact details about who to call if you have questions.



Recovering from general anesthesia instructions

Activities after the operation

Your child may feel dizzy and unsteady for up to 6-8 hours after an anesthetic or sedation.

On the day of surgery your child should do quiet activities such as watch videos or TV, or listen to music.

The day after surgery your child may be able to go back to their normal activities, unless your health-care team gave you different instructions.

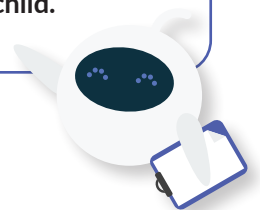
Eating and drinking after the operation

Give your child lots of clear liquids (e.g. water or liquid in the form of jelly) to start with. Once your child is comfortable with this (no vomiting/diarrhea) offer an easily digestible meal e.g. crackers, bananas or toast.

If your child has an upset stomach or vomits, keep giving them small amounts of clear liquids often. You can also try giving your child a small amount of food, such as crackers or toast. Sometimes these foods will help make an upset stomach feel better.

JETS TIPS

Your child's PACU nurse is happy to answer any questions you have about your child.



What to do for your child's pain

Treating your child's pain will help them heal faster. Giving regular pain medicine recommended by your surgeon can help as well as re-positioning and distraction.

What to do for your child's fever

Your child may develop a mild fever (a temperature of 38°C or higher) after an anaesthetic and surgery. The fever will go away within a day or so. If your child has a fever, give them plenty of fluids and the medicine your doctor recommends. Seek medical attention if the fever persists and/or is accompanied by any of the following:

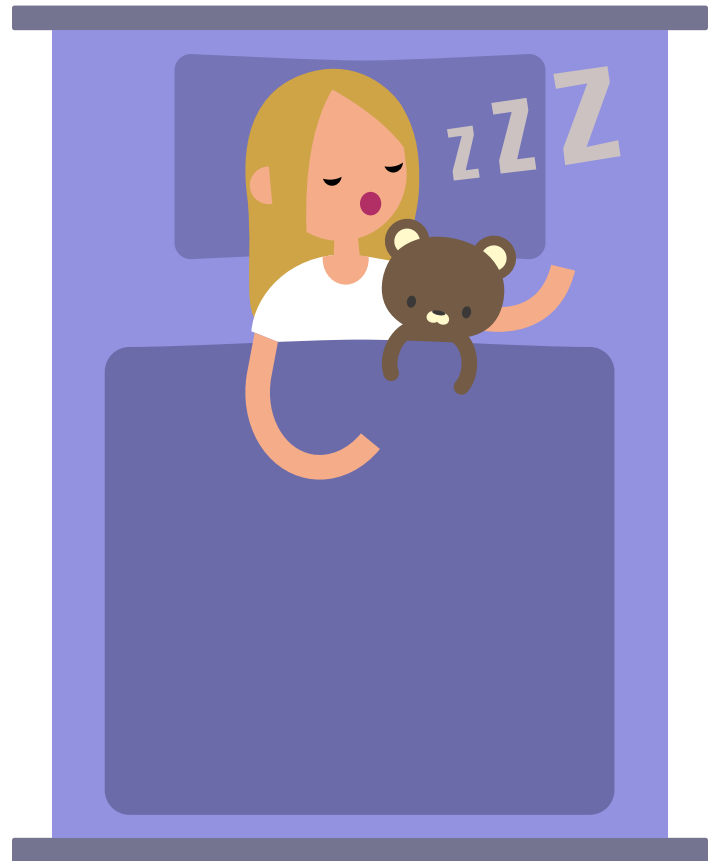
- A fast heart rate (putting your hands on your child's chest and feeling a racing heart)
- Fast breathing
- Cool or clammy skin
- Excessive sleepiness (sleeping more than normal)
- Confusion (not knowing where they are)
- Decrease in urination (not peeing)
- Uncontrolled pain
- Redness, swelling and/or discharge from the surgical site
- Or your child looks extremely unwell

Review the [AboutKidsHealth article on fever](#) for more information.

Who to call if you have any concerns?

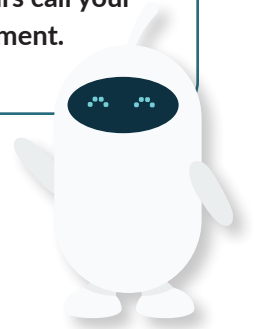
Your PACU nurse and surgeon will provide you with post-op care instructions called the After Visit Summary (AVS) as well as contact details about who to call if you have questions.

If you have any concerns regarding your child's health, seek medical attention right away.



HUPS TIPS

If your child has an upset stomach or vomits, keep giving him/her small amounts of clear liquids often. If this continues for over 6 hours call your doctor or visit the emergency department.



Below are examples of questions you may have for your surgeon or the nurse in PACU before your child is ready to go home. Not all of the questions will apply to every child, so you can ask the questions that are most relevant to you.

Are there any new medications needed that they were not on before surgery? Is a prescription needed?

When can they start eating post-op? Are there any restrictions?

Should they restrict or modify their mobility or activity post-op? E.g. gym, swimming

How long should the recovery take? When will they be able to return to regular activities?

Will my child have pain? How will the pain be managed?

What should I do to take care of the surgical incision (where the stitches or staples are)?

When can they take a shower or bath? Are there any restrictions?

Do we need any special equipment?

Is there any special care required post-op?

SickKids is dedicated to improving the health of children. Our mission is to provide the best in compassionate, equitable and child and family-centred care, to lead in scientific and clinical advancement, and to prepare the next generation of leaders in child health.

Contact us

Tel: 416-813-6181 | Email: patient.experience@sickkids.ca

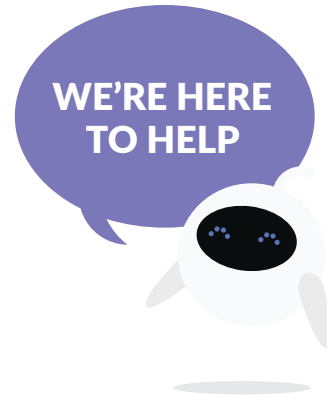
Submit your feedback online:

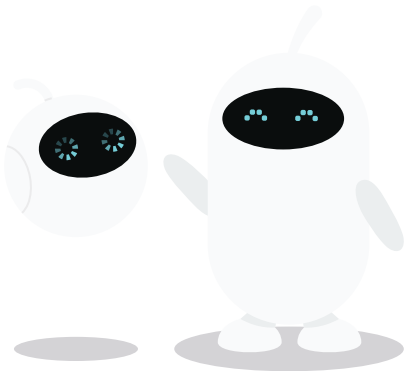
<https://www.sickkids.ca/en/patients-visitors/patient-feedback/patient-feedback-form/>



Visit the website for hours:

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