



DOERNBECHER  
CHILDREN'S  
*Hospital*

Preparing for  
your surgery



**This book belongs to:**

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Courtesy of OHSU Doernbecher Children's Hospital and the doctors, nurses and staff who will care for you.

Let's talk about what will happen when you come to Doernbecher. Everyone at the hospital will work hard to help you feel comfortable and safe.

**Why are you coming to Doernbecher?**

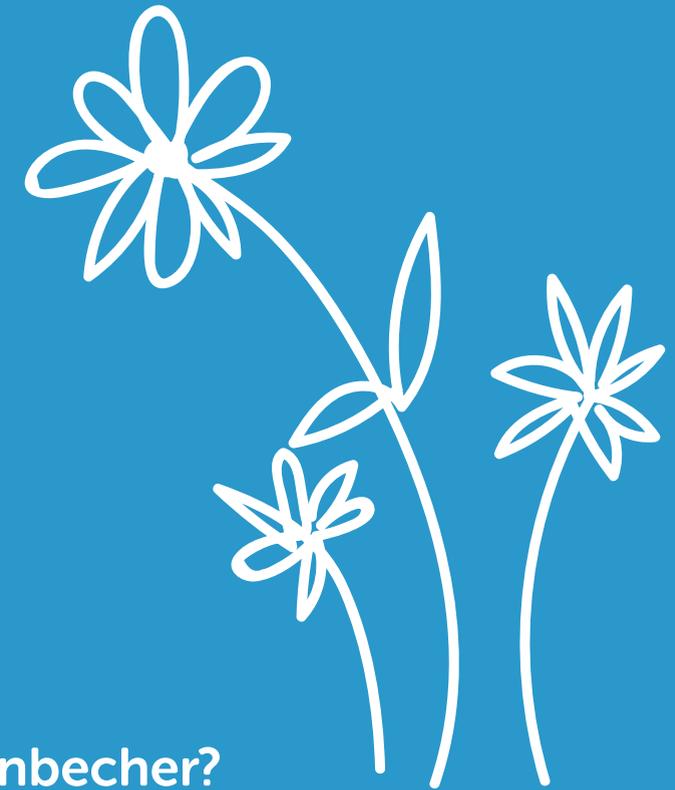
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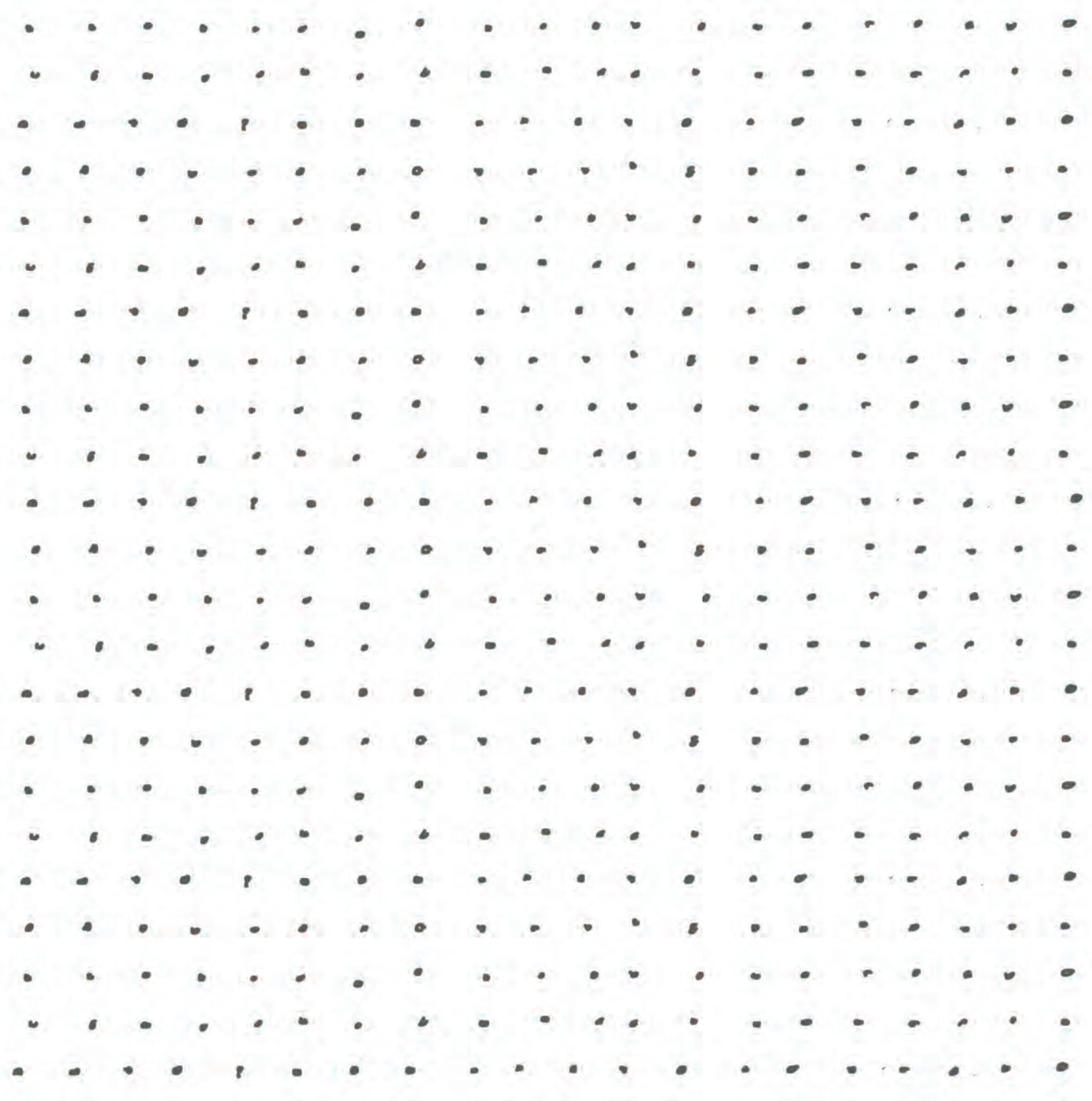
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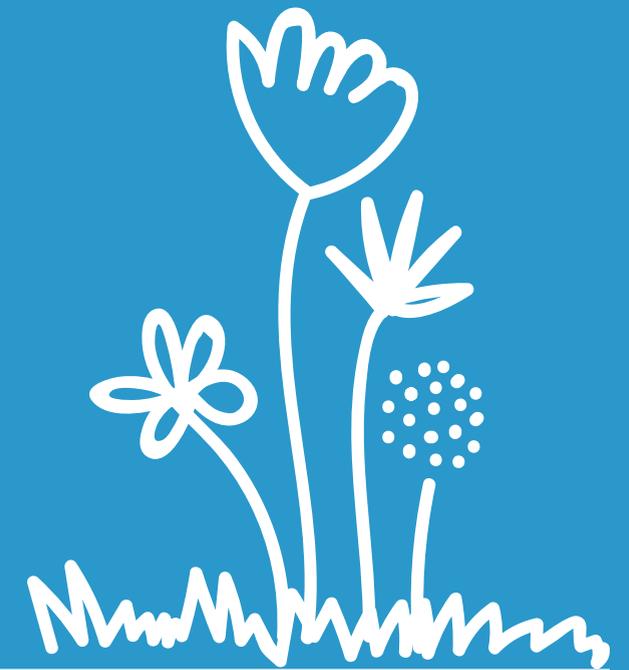




## A special note to parents

We encourage you to talk honestly with your child about his or her surgery. You can make a list of questions to ask the doctor together.

Being familiar with your surroundings — knowing the location of things like the cafeteria, Starbucks, the playrooms, meditation room, and laundry facilities — can also be helpful. If you'd like to tour the hospital, contact the Child Life department at **503-418-5397**.



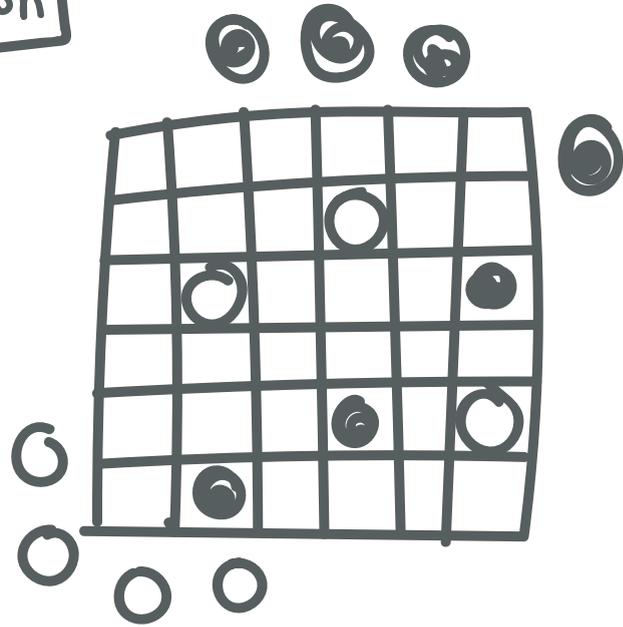
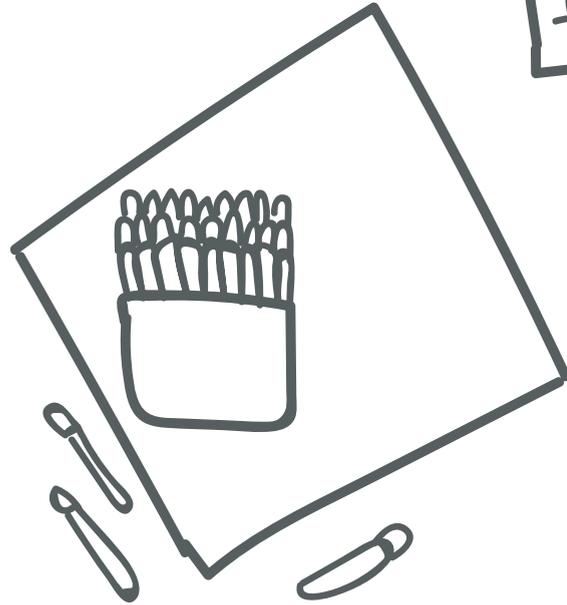
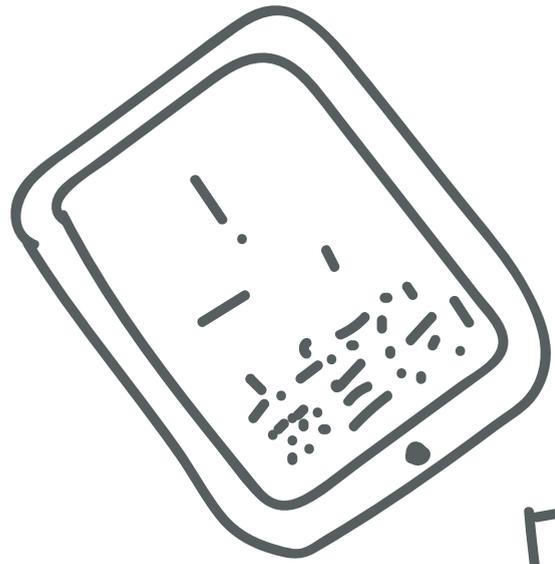


## Checking in

Your family (one or two adults) can come with you to the hospital on the day of your surgery. After you are checked in, you will wait for your name to be called. You will be given a wrist band with your name and birthdate on it.

It's a good idea to bring some toys and books with you while you wait for your turn. You can bring a backpack with a tablet, headphones, cards, crayons, books or a lovie/blanket, for example.





It is important not to eat or drink anything before your surgery. It may be hard to do because you might be hungry. Try to keep busy with the toys you brought so you don't think about being hungry.

What fun things will you bring to the hospital?

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After your name is called you will go into a room in the “getting ready” area with your family member. This is where you will stay before surgery. A medical staff person will check your height, weight, temperature, blood pressure and oxygen level.





## Before surgery

In the "getting ready" area you will be asked to change into hospital pajamas. You may be given special wipes to clean your skin. These will be soft and warm. When you change, you can use the restroom if you'd like for more privacy.





## Meeting your doctors

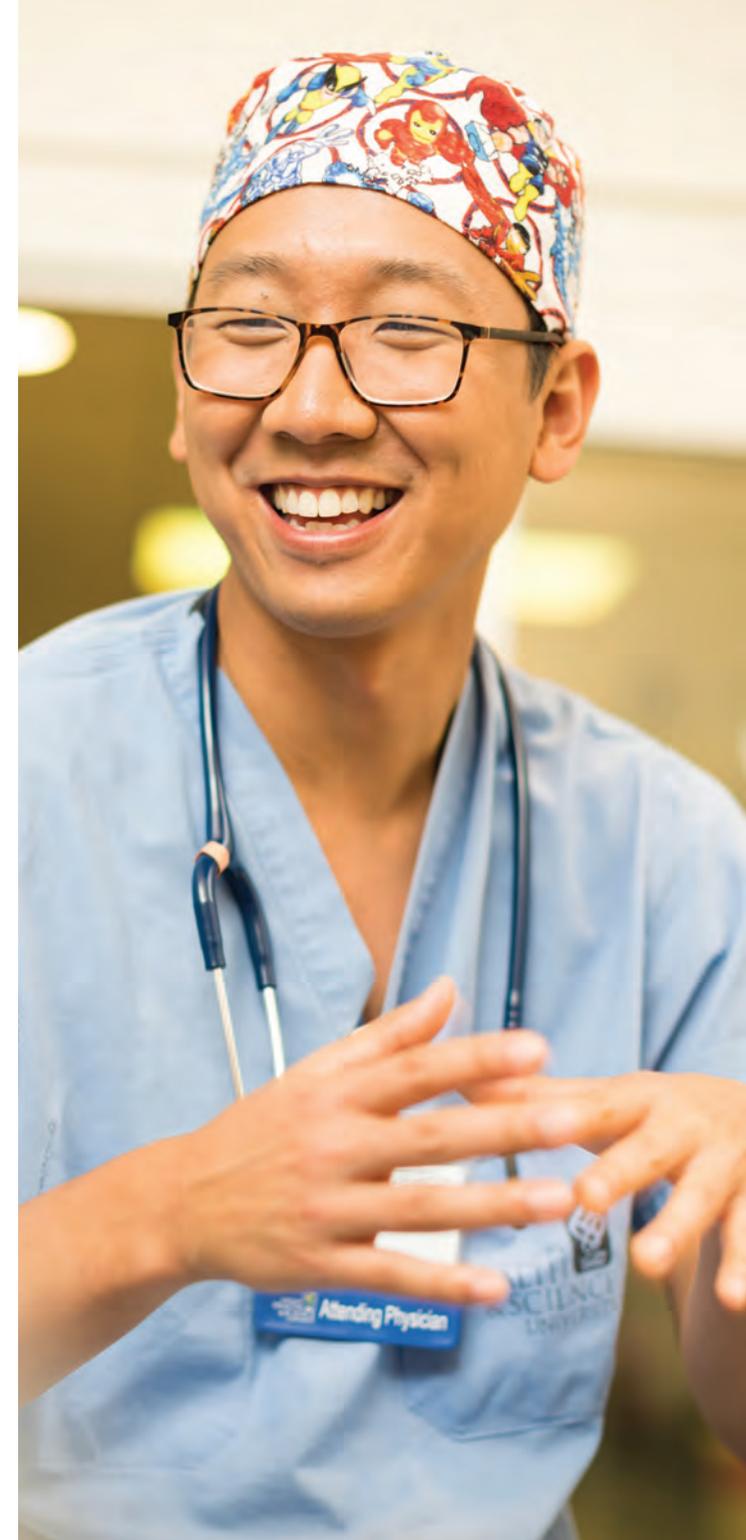
In the pre-op area, you will have a bed, TV, table and a chair. The nurses and doctors will then come to your room to meet you and your family. They wear name badges in case you forget their name. They will ask you if you have any questions. While you are waiting, you can watch TV or play with items you brought.





## Meeting your anesthesiologist

An anesthesiologist will also visit you and your family in the “getting ready” area. The anesthesiologist is the doctor who helps you to fall asleep, makes sure you stay asleep during surgery, and wakes you up when it’s over. The anesthesiologist will decide if you will need a mask or an IV to fall asleep. An IV is a tiny, soft medicine straw that gives your body water and medicine.





## Falling asleep

If you will have a mask to fall asleep, it will be gently placed just over your nose and mouth, and you will breathe a special air through the mask. This air will help you to fall asleep for your surgery, even if you don't feel tired! You can work together with your doctors and nurses to make the mask smell good. Putting the mask on and falling asleep doesn't hurt.

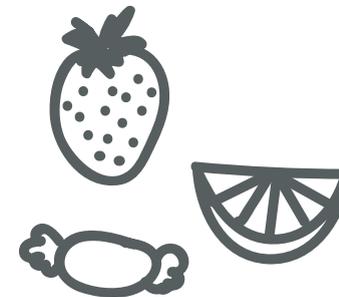
Which smell will you choose to use?

A strawberry

An orange/orange slice

Bubblegum

Rootbeer





## Meeting your Child Life Specialist

You may also meet a Child Life Specialist. This is someone who helps kids understand what happens in the hospital. It is normal to feel nervous or worried about surgery. Sometimes the nurse can give you medicine to help you relax. You would drink this medicine from a cup or syringe.

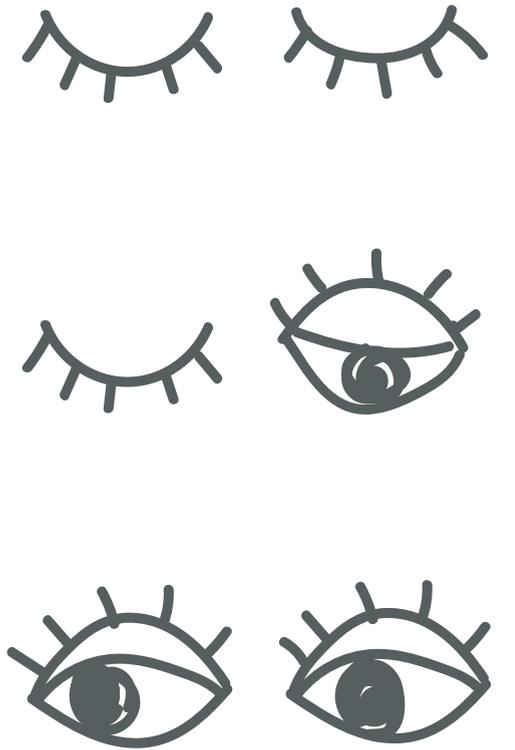






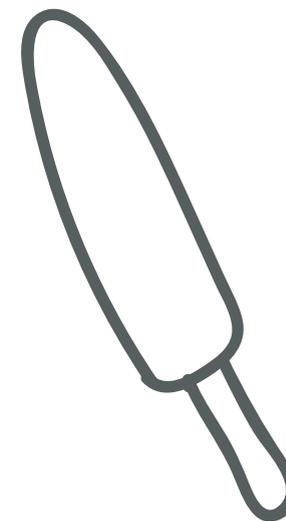
## After surgery

After the surgery you will wake up in the recovery room. It may feel like no time has passed at all! When you wake up, you may see your recovery room nurse first, but then your family member will be quickly there. This nurse will be with you the whole time in the recovery room. The recovery nurse can give you medicine for pain if you need it.



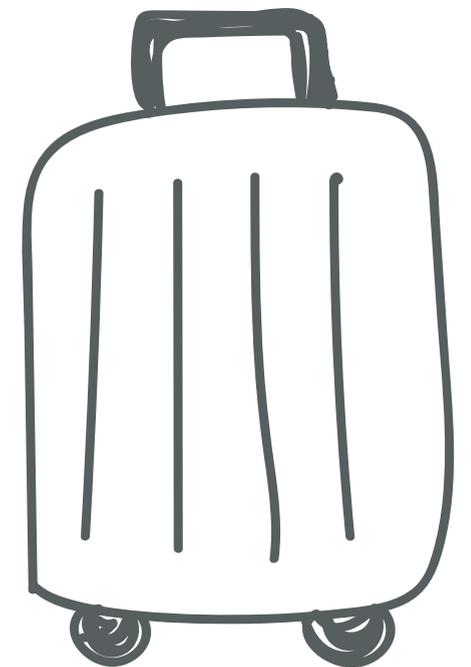


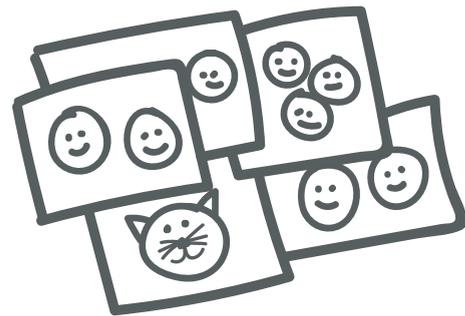
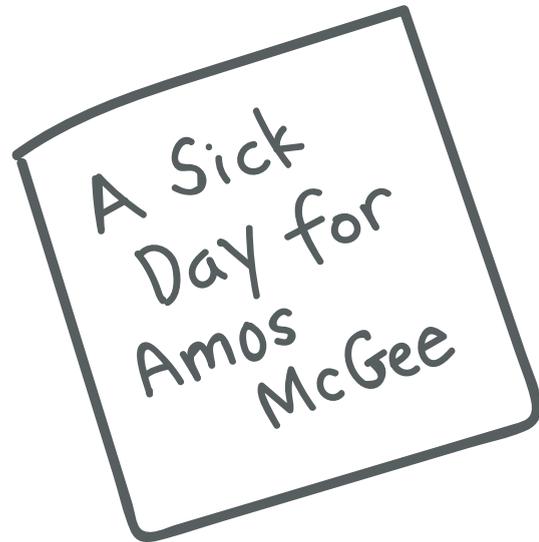
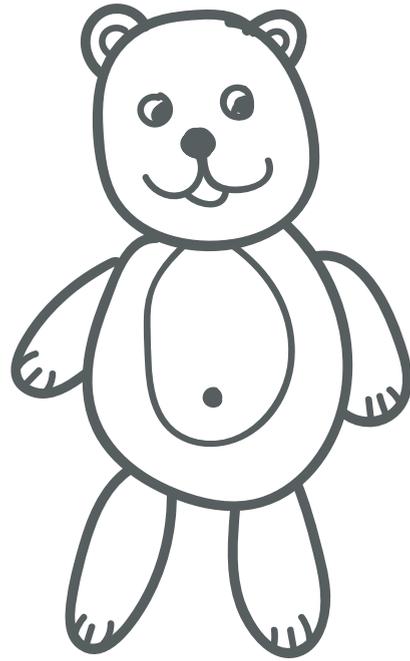
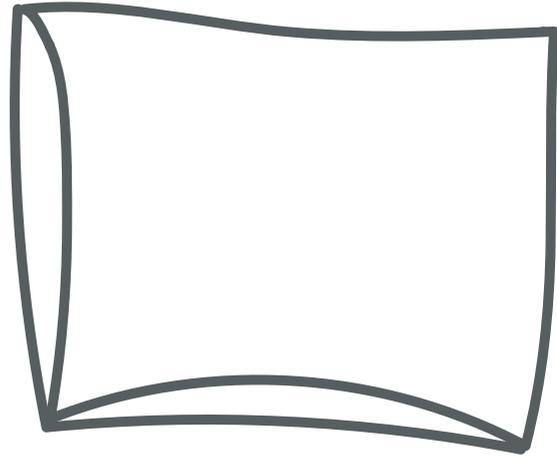
After surgery you can eat a popsicle or drink water or juice.





Some kids have day surgery, which means you come to the hospital for one day and you don't spend the night. If you need to spend the night, you will go to a new room, after the recovery room. Your room will have a bathroom and an extra bed so that your family member or caregiver can stay with you overnight. Be sure to pack a suitcase with your special things so you can feel more at home.





## Here are some ideas of things to pack:

- Your favorite pillow or blanket
- A stuffed animal
- A special toy or story
- Photos of your family or pets
- Music and videos
- Your bathrobe

What favorite things will you bring?

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When the doctors and nurses decide you are ready, you can go home. You can ride out in a wheelchair!





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