

Memorial has received **MAGNET™** status—the ultimate benchmark for measuring quality of care.

### What does that mean for you?



- We're focused on excellent patient outcomes and experiences, like shorter hospital stays.
- MAGNET status attracts the best nurses in the field to care for you.
- Our Care Management Team coordinates your care among your physician, nurses, and anyone else directly involved in your treatment to address your unique needs.
- We provide you with superior education on disease process, medications, and more.
- Experts available for consultation are also outstanding resources for you.
- MAGNET hospitals nationwide have lower mortality rates.

Memorial Hospital is the only hospital in the Metro East recognized with MAGNET status.

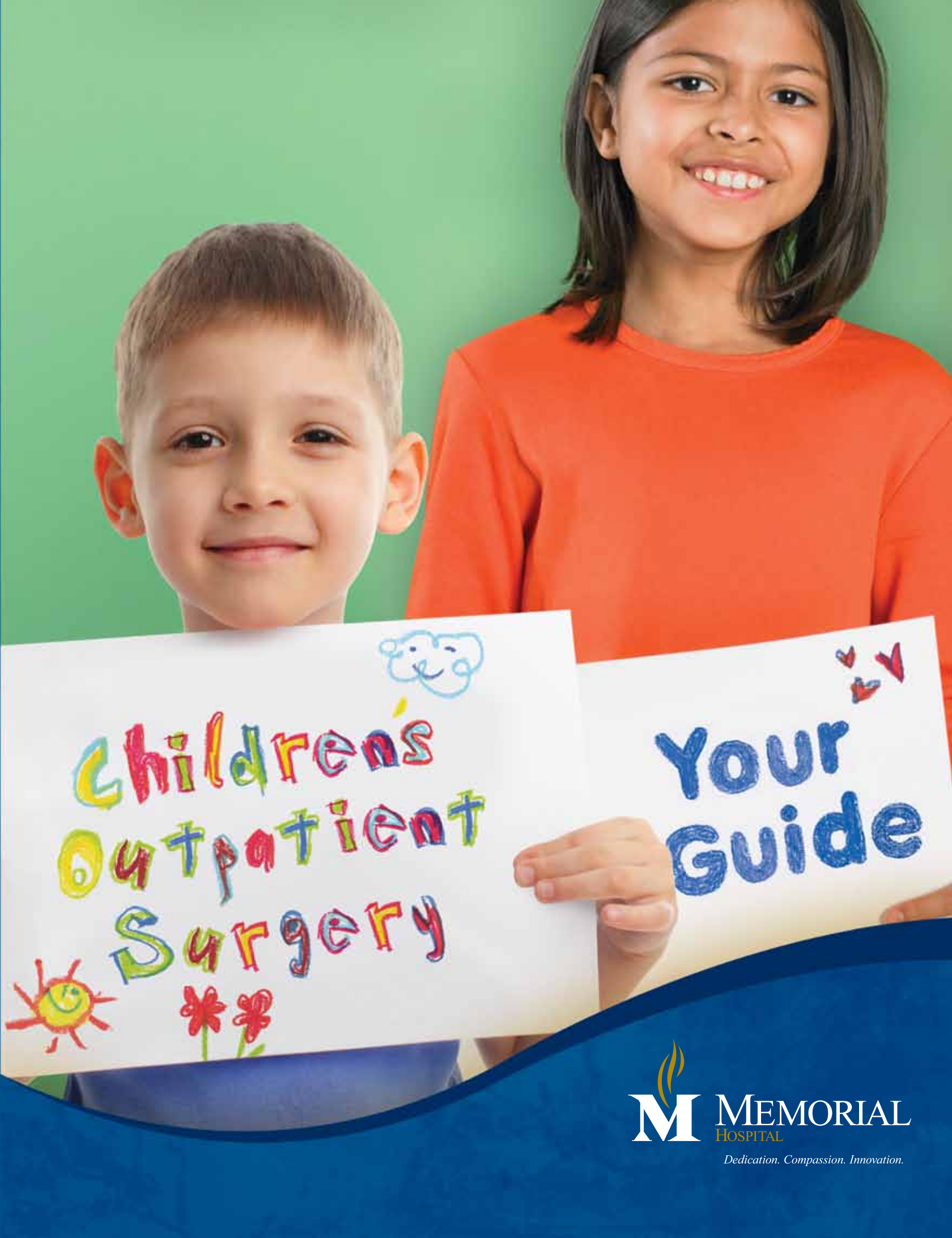
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*Dedication. Compassion. Innovation.*



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[www.memhosp.com](http://www.memhosp.com)



Children's  
Outpatient  
Surgery

Your  
Guide



*Dedication. Compassion. Innovation.*



# Thank you

for choosing Memorial Hospital.

Because this may be a new experience for you and your child, we have created this informational packet to help prepare you both for the surgical procedure.

While you are here, we'll do our best to put you at ease, keep you informed, and make you and your child as comfortable as possible.

If you need anything or have questions, please ask a staff member.





## Welcome

Memorial's mission is to provide your child with the highest quality healthcare possible. The specially trained, highly skilled team of healthcare professionals on staff makes you and your child their top priority.

By thoroughly reading this material, you will have taken an important step in guiding your child's surgical experience.

If you have questions about any of the topics included in this packet, please contact your surgeon's office or Memorial's Admission and Testing Center (ATC). For additional questions or concerns, please call the ATC at (618) 257-5460.

All of us on your healthcare team – physicians, nurses, technicians, therapists, volunteers, and administration – thank you for choosing Memorial Hospital for your child's care.

Sincerely,

A handwritten signature in black ink that reads "Mark J. Turner". The signature is written in a cursive, flowing style.

Mark J. Turner  
President and CEO

## Pre-Surgery Telephone Interview

Take a few minutes and review the enclosed literature. You will find a pre-testing questionnaire; please complete this prior to the nurse contacting you. By completing this, you will be better prepared to answer the questions during the phone interview. Also, have the Surgery Reminder Checklist available; the nurse will review this with you to inform you of any special preparations necessary for your child's surgery.



These forms are also available on our web site at [www.memhosp.com](http://www.memhosp.com) under Services —Outpatient Surgery.

### Why are we calling you?

A member of our registration staff will contact you by phone to obtain billing and insurance information. This call will pre-register you, allowing you to bypass the registration desk the day of your child's surgery.

In addition, a member of our nursing staff will also be contacting you by phone to give you information and to ask some questions about your child's personal health to help prepare us for your child's care. To maintain privacy and comply with confidentiality requirements, they will only identify themselves as being from Memorial Hospital and will leave a message with a call back number on your answering machine if unable to reach you personally.



If you prefer to contact us, please call (618) 767-3700 between 11:30 a.m. and 6:30 p.m. Monday through Friday, and one of our nurses will speak with you.

## Reassuring You and Your Child

At the Memorial Hospital Outpatient Surgery Center, we work hard to meet the special needs of children and create a relaxed, comfortable environment. It is important for us to work as a team in providing the best possible medical care and psychological preparation for your child. Please do not hesitate to ask questions.

Your child will have many questions and concerns about surgery. Reassure your child as much as possible. Children's concerns are very real and should be answered as honestly and simply as possible.

Many families find it difficult to talk to their child about an upcoming surgery. We suggest that you give your child honest, age-appropriate information, rather than leave them to worry or be caught off guard.

Involve your child in preparations, such as shopping for popsicles or packing a few favorite toys to take to the hospital. Using a toy doctor's kit or drawing pictures of the hospital can help your child express some of their thoughts.

You may find the enclosed "What is Outpatient Surgery?" coloring book helpful.



## Pre-Admission

Have your child's physical exam completed as instructed by the surgeon's office. In most instances, a recent physical performed by your child's pediatrician will be necessary prior to surgery.

Contact your surgeon of any changes in your child's condition such as a cold, flu, fever, etc.



## Night Before Surgery

Be sure your child has a well-balanced dinner the night before surgery. Provide plenty to eat and drink just before the food and drink cut-off time specified by your doctor.

After the cut-off time, be sure that your child has absolutely nothing to eat or drink — not even hard candy, gum, water, or ice. For your child's safety, it is important that the stomach is completely empty prior to the induction of anesthesia. Serious complications could arise with even small amounts of food or water in the stomach. Because children forget and may help themselves to food, they will need to be closely watched. If your child accidentally eats or drinks anything after the cut-off time, you must notify the nursing staff so that proper precautions can be taken.

It is important that your child get plenty of rest before surgery. Try to keep activities low key. Be sure your child bathes and washes their hair. Your child should use freshly laundered towels and pajamas. They should also sleep on clean sheets. This reduces the chances of post-operative infection and helps your child feel better while recovering.



## The Day of Surgery

Sometimes parents are reluctant to eat when their child cannot, but in order to handle the day's activities and attend to your child's needs, you will need energy. We suggest you eat a nutritious meal before waking your child.

If your child understands not to swallow any water, they may brush their teeth the morning of surgery. If not, please have them brush the night before.

Your child should wear loose, freshly laundered, and comfortable fitting clothes.

Leave all jewelry at home.

Your child's nurse will explain the preparation process and ask you for some health information.

Please plan to spend most of the day at the hospital.

Your child should take only those medications as instructed with a sip of water in the morning. Diabetic medications should NOT be taken the morning of surgery, unless instructed by the surgeon or anesthesiologist.

Surgery times are approximate and may be earlier or later depending on the entire surgery schedule.

Parents/guardians will be with the child at all times before going into the operating room. A parent or guardian must stay at the hospital while surgery is being performed. In addition, parents or guardians must wait in the surgery waiting room at all times during and after surgery. If you must leave this area, even for a minute, please tell the receptionist where you will be.



## What to Bring on the Day of Surgery

Remember it is very important for your child's safety that they have nothing to eat or drink prior to surgery.

We recommend two adults accompany the child — one to drive home while the other cares for the child.



### DO Bring:

- Your guardian/conservator papers if appropriate
- Your child's favorite toy or blanket
- Extra underwear or diapers
- An empty bottle or child cup
- Formula, if needed, for after surgery
- A pacifier, if appropriate
- A book, MP3 or other music player, or hand-held games
- A blanket, towel, and a car safety seat (if appropriate) for the car

## What Not to Bring on the Day of Surgery



### DO NOT Bring:

- We request that you bring no more than two family members per child. Because your child will require all your attention, do not bring other children with you. No siblings allowed.
- Please do not bring food or drinks, including gum, that your child might eat before surgery.

## Parking

Park in Lot A, which is located directly across the street from Medical Office Center One. Enter through the A Entrance. Follow the signs to Outpatient Surgery/A Visitor's Lounge. You will check in there.





## Informed Consent

Before your child's operation, you will be asked to indicate that you understand the nature of the surgical procedure to be performed and that you give your permission for the operation. Most surgical procedures are not emergencies, so it is very important that you fully understand the process.

This may appear to be a formality, but it should be taken very seriously.

Before your child's operation, frankly discuss with your child's surgeon any questions or concerns that you have, such as:

- What are the indications for surgery?
- Why is this surgery necessary?
- Are there any alternative treatments available?
- What will be the likely results if your child does not have the operation?
- What are the basic procedures involved in the operation?
- Will any other surgeons be assisting your child's surgeon during the procedure, and what tasks will they perform?
- What are the risks?
- How is the operation expected to improve your child's health or quality of life?
- What can be expected during your child's recovery period?
- When can your child expect to resume normal activities?

This operation is being performed for your child and you should seek information necessary to improve your understanding, so do not hesitate to ask questions. No doctor can guarantee outcomes because each operation is different depending upon health status, existing disease, and the response of each patient.

You should feel that your questions have been answered before giving permission to do the surgery.



## Pre-Surgery Area

Your surgeon may or may not visit you in this area. If you need to speak with the surgeon, let the nurse know.



Your child will receive an ID bracelet to wear until it is time to go home.

Your child will need to change into surgical pajamas or a gown. We encourage parents to assist with this, rather than staff.

Personal belongings will be locked in a locker until you are ready to go home.

Your child will be measured for height and weight.

Warm blankets will be available to keep your child comfortable.

## Anesthesia

At Memorial, anesthesia is provided by a board-certified anesthesiologist and certified registered nurse anesthetists (CRNAs) from Anesthesia Associates of Belleville. These physicians are independent practitioners and are not Memorial's employees or agents.

Prior to your child's surgery, you will meet with your anesthesiologist to discuss which type of anesthesia is best suited to your child's individual needs. The anesthesia plan will be discussed with you. You should be informed of the benefits and any risk associated with anesthesia. Be sure to clarify any questions you may have.

There are several different types of anesthesia:

- **General anesthesia** — The patient is completely asleep and unaware of the surroundings.
- **Regional anesthesia** — Medication that numbs a specific region of the body is administered. One may receive additional medications for relaxation/sedation in addition to regional anesthesia.
- **Local anesthesia** — Provides numbness at the specific surgical site.

Your child may be given a little medicine in juice the morning of surgery to help relieve anxiety.

Your child will be moved into the operating room on a stretcher.

You will be asked to wait in the waiting room. You will be able to follow your child's progress on the communication screen, which will be explained upon arrival to the waiting room.

## Guest Internet

Memorial provides Internet access for the exclusive benefits of its patients, visitors, physicians, vendors, and employees. Terms and conditions of use may apply. You will be asked to accept/agree to these terms before accessing the wireless connection.

Please be aware that some web sites cannot be accessed. Memorial does not provide technical support nor is it responsible for damage or loss of equipment.



## Operating Room

Memorial is equipped with state-of-the-art operating rooms and surgical technology. Everything has been carefully selected to accommodate surgery that is as safe as possible.

Your child's surgical team will include highly skilled, specialty-trained individuals. Your child's surgeon will lead team members, including registered nurses, certified surgical technologists, an anesthesiologist, CRNA, and possibly an RN surgical assistant or physician assistant, during your child's procedure.\*

## After Surgery—Post Anesthesia Care Unit (PACU)

You will see the doctor very soon after surgery. During this time your child will be sleeping in the Post Anesthesia Care Unit (PACU), also known as the recovery room.

Your child's nurse will look at the surgery area and check your child's body systems.

The time it takes for children to wake up after surgery varies. Depending on the number of surgeries scheduled that day, we may allow only one parent in the recovery room. This is for the comfort and privacy of all our patients.

Your child may be restless/agitated due to the medication or anesthesia during surgery.

A nurse will assess your child's pain from 0 (no pain) to 10 (severe pain). Medication will be given as ordered by the doctor. If possible, your child will be asked to rate their pain using a facial expressions tool. Please refer to the Children's Outpatient Surgery Pain Scale insert included in the back of this booklet.

After surgery, clear liquids such as water or apple juice will be offered in PACU. If your child is on formula, please bring it with you, but keep it out of the child's sight until surgery is completed.

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\*Occasionally, nursing students, allied health professionals in training, or manufacturers' representatives may be present. If you prefer that they not be present, you may indicate that on our child's Informed Surgery Consent Form, which you will complete the day of surgery.



## Outpatient Surgery Area

When the initial recovery is completed your child will return to the Outpatient Surgery area, where you will be allowed to join them. Only two family members at a time may stay with your child. No siblings allowed in Outpatient Surgery.

Your child will probably seem sleepy, confused, restless, or irritable. After surgery, they will be medicated to reduce discomfort and may be offered something to drink. If your child has an IV, it must remain in place until they are discharged. Your child may be upset and want the IV out. Please help us protect the IV, as it needs to stay in place until your child can take fluids by mouth. Be assured the IV will be removed as soon as possible.

Your child's skin may appear puffy and flushed and could be warm to the touch. This normal reaction may continue for several hours and may not disappear until after leaving the hospital.

Your child may experience some dizziness until the anesthesia has worn off. Please do not let your child get up without assistance. Your child's safety is our number one concern.

It is important to be calm and to soothe your child as much as possible during the stay in Outpatient Surgery.

The nurse will inform you of the expected length of stay before discharge (may be up to two hours or longer). Before discharge your child will need to be able to tolerate fluids and be appropriately awake.

Your healthcare team will do everything possible to help get your child on their way home. You will be given verbal and written instructions for home. Please ask questions if any of the instructions are unclear.

You may want to specifically ask about some or all of the following:

- Medications
- Staples, stitches, and incision care
- Bathing and/or showering
- Pain and pain control
- Proper eating
- Physical activity and exercise

For your child's comfort on the ride home, please have a blanket, a towel, and a car seat or booster seat in the car before leaving the hospital.



Encourage your child to take fluids and spend time rocking, singing, reading, or talking to them.

## When You Get Home

While not all children respond to surgery and medication in the same way, some of the things you may expect after you leave the hospital include:

- Vomiting
- Warm skin
- Discomfort
- Dizziness
- Sleepiness
- Limited activity

To help your child feel more comfortable, we suggest you try to have the following on hand at home:

- Tylenol
- Soups
- Jell-O, pudding, or ice cream
- Popsicles
- Apple juice, Sprite, or 7-Up



## Follow Up

Follow-up care, which is usually arranged with your surgeon's office, is important to monitor your child's recovery.

The Outpatient Surgery Center staff will call the next business day after the procedure to see how your child is feeling. Let the staff know if your child is having any problems after surgery, such as nausea and vomiting or a fever.

The staff makes two attempts to try to contact you following the surgery. The staff will not leave a message on your answering machine or voicemail unless we have your permission.

Please call Memorial's Outpatient Surgery Center with any questions at (618) 267-5830, Monday through Friday 6:00 a.m.-8:30 p.m. and Saturday 6:00 a.m.-2:30 p.m., or go to the nearest emergency department if you are unable to reach your physician or the Outpatient Surgery Center.

Thank you again for choosing Memorial Hospital. In the near future, you will receive a patient satisfaction survey in the mail. Please take a few minutes to give us your feedback. We strive to provide excellent service, and your feedback helps us deliver the services you expect.

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Physicians treating patients at Memorial are independent practitioners. They are members of Memorial's medical staff. They are not Memorial's employees or agents. Understandably, Memorial does not control and is not responsible for their medical treatment decisions. The information contained in this booklet is not intended to replace professional medical advice.





## Complimentary Parking Lot Shuttle

For the convenience of patients and visitors, a complimentary parking lot shuttle is available Monday through Friday from 6:30 a.m. to 8:30 p.m. The shuttle runs a continuous route through the north parking lots — making four stops — at the designated shelters. Shuttle drop-off/pick-up locations include:

- **Entrance B**  
(Serving Medical Office Center Two and The Breast Health Center of Excellence)
- **Entrance A**  
(Serving Medical Office Center One, Outpatient Surgery Center, Cardiac Cath Lab, and Pain Management Center)
- **Main Entrance**
- **Entrance D**  
(Serving the South and Center Towers, Surgical Waiting Lobby, Pain Management—East, Sleep Disorders Center, and Center for Diabetic Education)
- **Memorial Care Center**

## Check In Prior to Procedure Enter Building at Entrance A

Before your procedure, you need to check in at the Outpatient Surgery Visitor's Lounge. The easiest way to get there is to park in the A entrance parking lot, enter the hospital through entrance A, and follow the signs to the Outpatient Surgery Visitor's Lounge.

Please use Entrance A when bringing your child in for surgery. Follow the signs to Outpatient Surgery/A Visitor's Lounge.

**Outpatient Surgery Visitor's Lounge**



