

My surgery at Sainte-Justine's Hospital

*Children's book
2 to 12 years of age*



This book belongs to:

This little book explains to you
what will happen at the hospital
the day of your surgery



At home...

When you wake up you can not have breakfast, nor drink, nor chew gum or else you will not be able to have your surgery.

→ Don't forget to bring your backpack and your blanket or your favorite teddy bear!



On arrival at the hospital...

we will show you your room and your bed on wheels with bars.

The nurse will give you a hospital gown and a bracelet.

The nurse will take your temperature, your blood pressure and weigh you.

Then a doctor will come to examine you and talk to your parents. You can play until it's your turn for surgery and someone comes to get you



The awaited moment!

The doctor (who will put you to sleep) comes to see you.

He will ask you to open your mouth really wide and will ask questions to your parents.

A nurse will come to get you. Mom and dad will await for you in the waiting area.



In the operating room

All the people are dressed in green and are wearing a hat, a mask and gloves.

Your doctor will put you to sleep with a special mask placed on your nose and mouth. You will smell a funny odour. You will stay well asleep!

We watch you during the entire surgery. You will not remember anything either!



When you wake up...

You will wake up slowly. You will see a little tube on your arm. Its there so we can give your medication if you need it.

A nurse will watch you and she gives you a nice warm blanket.

When you are wide awake and calm, you will go back to your room with your parents!



Back in your hospital room

You will continue to rest. The nurse comes to see you often to make sure that all is well and explains to your parents how to take care of you when you leave the hospital

You will slowly begin to drink and even give you a "popsicle".

We will make sure that you don't have any pain and that you are well awake before you can go back home.



Back home

At last, you can sleep in your own bed, with all your things...

and start to eat again...

You will need to see your doctor soon after to make sure all is well.



My little chart

My name:

Date :

Surgery:

Surgeon:

Nurse(s): _____

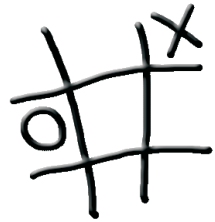
My friend(s): _____

My hospital bracelet:



A few blank pages to have fun with:

tic-tac-toe, hang-man
or drawings



CHU Sainte-Justine
3175, chemin de la Côte-Sainte-Catherine
Montréal (Québec) H3T 1C5
Téléphone : 514 345-4931

www.chu-sainte-justine.org



This book is the work of **Paule Babin** and **Louise Côté**, *childlife specialists*

Telephone

514 345-4931 poste 3960

Collaboration

Dr Chantal Giguère, ORL

Graphic design

Norman Hogue, *Communications and Publics Affair*

Printing

Imprimerie du CHU Sainte-Justine

© CHU Sainte-Justine

F-979A GRM 30007101 (rév. 09-2013)