



**CHU
Sainte-Justine**
Le centre hospitalier
universitaire mère-enfant
Université de Montréal

Your child will undergo a surgery

Information for the child and family



Your child is about to undergo surgery that will take place in our operating room. Someone from the admissions office will call you to inform you of your child's surgery date.

Depending on the type of surgery, your child will arrive at the hospital the morning of the procedure and will either be discharged the same day or will be admitted to the hospital for a variable duration.

This brochure has been developed to answer your questions and provide you with useful information to help you prepare for the upcoming surgery.

An administrative clerk will call you the day before surgery to give you important information regarding your child's surgery. It is important to have this brochure on hand during this call so you can note this information.

How to prepare for the surgery?

15 days before surgery, do not give your child the following medications:

- ▶ Medications containing acetylsalicylic acid (ASA^{MD}), e.g. Aspirin^{MD}, Asaphen^{MD};
- ▶ Anti-inflammatories, e.g. Advil^{MD}, Motrin^{MD}, or any other medication containing ibuprofen;
- ▶ Natural or homeopathic products.

These medications or products increase the risk of bleeding.

To ease your child's pain or lower a fever, always choose acetaminophen (Tylenol^{MD}, Tempra^{MD}, Atasol^{MD}) in the recommended dose.

What if your child is unwell in the days leading up to the surgery?

Notify us as soon as possible.

In the 72 hours prior to surgery, and no later than the day before, if your child shows signs of infection such as: fever, cough, runny nose, rash, diarrhea, has contracted a contagious disease or was in contact with a contagious disease (chicken pox, measles, etc.). You will be given a new date for your child's surgery. As waiting lists are long, a child waiting for surgery could benefit from this availability.

You can contact us

- ▶ By calling the admissions office between 8 am and 3 pm, at 514 345-2331.
- ▶ By speaking to the administrative clerk when he calls you the day before the surgery.
- ▶ By calling the administrative clerk of the day surgery unit, from 6:30 am onwards, at 514 345-4856.
- ▶ Any time outside the above-mentioned hours, or on weekends, you can call the operating room, at 514 345-4780.

Pre-surgery preparation

The presence of the parents or someone important to the child is the best way to help him on the day of surgery. However, we ask you to limit the number of people present to two at a time. Your child undergoing surgery will need comfort and attention; it will be difficult for you to look after siblings if they are at the hospital. Make sure you arrange for a babysitter at home for your other children, so you can be present with your child who is undergoing surgery.

The day before the surgery

An administrative clerk will contact you between 3 pm and 6:30 pm to provide you with information regarding:

- ▶ Fasting instructions;
- ▶ Arrival time to the day surgery unit;
- ▶ The scheduled time of surgery.

We ask that your child have a full bath or shower. You will need to wash their hair, thoroughly clean their hands and feet, and make sure their nails are trimmed and clean. Remove nail polish, if applicable.

If your child uses inhalers (Flovent^{MD}, Alvesco^{MD}, Ventolin^{MD}), they must take them as usual. Notify the nurse of any medication taken.

Pre-surgery fasting

If your child is taking medication on a regular basis, they should not stop without first consulting a doctor. Medication should be taken as usual the morning of surgery, upon waking, with only a few sips of clear liquid. If they need to take the medication with solids, they can ingest it with a few mouthfuls of puree, followed by clear liquid.

'Clear' liquids are transparent, limpid, translucent and particle-free such as water, sweetened water, particle-free (no pulp) apple juice, 'sports' drinks such as Gatorade^{MD} or Pedialyte^{MD}, coffee or tea with sugar and no milk. All other liquids are prohibited.

Please note: Jello is not a clear liquid.

For children under the age of one

- As of midnight, the day before surgery, your child must stop eating meals, solid food and purees.
- If your child is drinking commercial infant formula, breast milk (enriched or not) or non-human milk, he must stop taking them 4 hours before the scheduled time of surgery.

For children one year and older

- As of midnight, the day before surgery, your child must stop eating meals, solid food, purees, tube-feeding solutions or milk of any kind.

For all children

- All children must drink clear liquids at will until 7 am the morning of surgery. Clear liquids such as Gatorade^{MD} or Pedialyte^{MD} are encouraged to prevent dehydration and hypoglycemia.
- If your child wants to brush their teeth, it is best to do so 2 hours before the scheduled time of surgery. Toothpaste should not be used, as swallowing it would be like swallowing solid food, and therefore fasting instructions would not be followed.
- Chewing gum and candy are forbidden.

Your doctor or nurse may have given you different fasting instructions. Please follow them.

Failure to comply with this fasting policy may result in complications and the cancellation of the surgery.

The morning of the surgery

- Do not wear contact lenses, jewelry, earrings, hair clips made of metal, piercings, false eyelashes or nail polish.
- Make sure your child had a bath or shower the day before. If not, give one the morning of surgery.
- Make sure hands and feet are clean, with nails trimmed and washed.
- Tie back the hair with a metal-free elastic band. .

The scheduled time of surgery can change for numerous reasons. The waiting period is variable and often impossible to estimate. In the event of a prolonged delay, you will be notified.

What must you bring to the hospital?

- Any medication taken by your child;
 - > It is important to know the name, the dosage (quantity in mg) and the frequency of administration for all medication;
 - > Asthma inhalers, e.g. Flovent^{MD}, Ventolin^{MD}, Avesco^{MD}, as well as the spacer (areochamber);
- Provide the list of your child's medications (ask your pharmacist);
- The completed Medical Reconciliation / Medication History form;
- Equipment required for any special care your child needs (e.g., stoma equipment, nutrient solution, tubing);
- Any prosthetic or orthotic worn by your child (e.g., glasses);
- A bathrobe, slippers;
- Loose-fitting clothes, change of clothes. Bring more if your child is to be hospitalized;
- Your child's favorite teddy bear or toy (no metal or noisy objects), a clean blanket or a tablet computer if the child is older;
- The pacifier and diapers needed for the duration of your stay.

- ▶ Your child's valid Quebec health insurance card. If the date has expired, contact the 'Régie de l'assurance maladie du Québec':
 - > o Quebec: 418 646-4636
 - > o Montreal: 514 864-3411
 - > o Toll-free: 1 800 561-9749
 - > o www.ramq.gouv.qc.ca
- ▶ Your child's CHU Sainte-Justine hospital card.

Consent for the surgery

Children under the age of 14

The parent or legal guardian must sign consent forms (treatment, tests, surgical intervention and anesthesia) for children under the age of 14. If neither parent is available to accompany the child, arrangements will be made with you to determine how to obtain your consent.

Children 14 years and older

Children 14 years and older can sign the consent forms themselves, unless they are declared incapacitated to do so. In this case, it is the authorized person who must sign these consent forms (parent, legal guardian, representative, curator, DPJ).

The operating room

- ▶ The mother, father or legal guardian are the only people authorized to accompany the child into the waiting room of the operating room.
- ▶ Depending on each individual situation, the child may walk, be carried by their parents, or be transported in a wheelchair or on a stretcher.
- ▶ Once surgery is completed, your child will be taken to the recovery room to ensure safe waking following their procedure. Parents are not allowed into the recovery room.
- ▶ However, a member of the recovery room clinical staff may ask you to accompany them, if necessary, as your child wakes up.
- ▶ While your child is in recovery, the surgeon will give you updates in the family waiting room located near the operating room.
- ▶ When your child is discharged from the recovery room, you will be called in the family waiting room to return to your child's room.

Return from the operating room

- ▶ Be available for your child, they will need to be cuddled and cared for by their close ones. The amount of time needed to properly monitor your child may vary. The time it takes depends on the type of surgery and your child's overall condition.
- ▶ As soon as their condition is stable, the nurse will explain the 'post-operative care' required at home. She will give you an informative brochure and answer any questions you may have.
- ▶ If your child needs to be admitted to the hospital, the staff will guide you through the next steps to follow.

Returning home after a day-surgery

Your child will be too weak to tolerate public transportation. Some children are nauseous and vomit during transport. The presence of another adult is strongly recommended to accompany your child home. We recommend that you plan to travel by car or taxi to return home.

Your resources

To help you and your child prepare for surgery, we invite you to consult the various sections of the CHU Sainte-Justine website dedicated to surgery.

<https://www.chusj.org/en/Visits-Hospital-Stays>

You will find links to videos (day-surgery, anesthesia), coloring books and even a virtual tour of the operating room.



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