



DAY SURGERY INSTRUCTIONS

Your Child has been scheduled for surgery. Please read the instructions below and call us with any questions.

Date and time of surgery:

Scheduled arrival time for surgery:

Appointment for pre anesthesia evaluation:

Post Operative appointment with the surgeon

What is Day Surgery?

Day surgery is an option provided to you and your family to allow your child to obtain excellent medical care and return home the same day. With Day Surgery, children are admitted to the Day Surgery Unit, have their operation performed, wake up from anesthesia, and go home with their family all in the same day. If your physician tells you that your child will stay overnight, you will still follow these instructions.

Arrive for surgery 2 hours prior to the scheduled surgery time. Someone from the Day Surgery Unit will call you between 2PM and 6PM the day prior to surgery to remind you of your expected arrival time. This extra time is required to register your child and prepare your child for surgery and for the anesthesiologist to assess your child for any changes since your last office visit. You will also have an opportunity to ask the anesthesiologist, surgeon and nurses any questions you may have at that time.

What feeding guidelines should my child follow before surgery?

1. Your child must not eat after midnight (No formula, milk, orange juice or solids after midnight).
2. Breast milk is NOT a clear liquid. Breast milk can be given up to four hours before scheduled arrival time.
3. Your child may have an unlimited amount of clear liquids, such as water, apple juice, gatorade, pedialite, white grape juice 7-Up or Sprite up to one hour before scheduled arrival time.
4. If your child is 2 years old or younger, you must wake your child up 1 hour before the scheduled arrival time and feed him/her an unlimited amount of clear liquids such as water, apple juice, Sprite or 7-Up, Gatorade or Pedialite. **NOTHING BY MOUTH** after leaving the house to come to the hospital.
5. **Note: Absolutely No food, snacks or drinks while waiting for surgery.**

Where is the Day Surgery Unit located?

The Day Surgery Unit at Hermann Children's Hospital, 6411 Fannin St. in Houston is located on the second floor of the Hermann Pavilion behind the elevators and escalator in the atrium. The Day Surgery Registration and waiting area is the last door on your right just before the wooden double doors at the end of the hallway. Sign in at the desk when you arrive.

Valet parking is available from Ross Sterling Drive (off Fannin St.). Self parking is available in Garage 4 behind the hospital (entering from McGregor or Ross Sterling Drive) or in the parking garage across the street on Fannin (entering from Fannin or Main St.). If you have an over-sized vehicle or a handicapped sticker, you may not fit into the garages and will need to use valet parking.

What should I bring to the day surgery unit?

Please dress your child in comfortable clothes or pajamas. A favorite toy or blanket may be brought to make your child feel more comfortable. Bring any favorite cup or bottle. The Day Surgery Unit will provide juice and diapers. Please have your child remove all jewelry, glasses or contact lenses. A stroller will make it easier to travel through the hospital if your child is not walking yet. There are no storage lockers available.

Please remember to take care of yourself. Bring food or money to eat in the hospital cafeteria. You should also wear comfortable clothes and be prepared to spend the night if your child will be admitted.

When is pre-anesthesia assessment necessary?

The Day Surgery Unit may require pre-assessment for children who have a history of heart problems, asthma or any other chronic diseases. This will be scheduled for a date prior to surgery. You will be asked to sign consent for surgery and your child will become familiar with the surroundings. Please bring a list of your child's current medications, allergies, any previous hospitalizations with dates, and be prepared to visit for about an hour. You will be notified if this pre-anesthesia appointment will be prior to your surgery or on the day of surgery. If you wish to speak with an anesthesiologist or tour the area prior to surgery, please notify day surgery at (713) 704-3724 and this will be arranged.

When should I call the doctor's office?

It is very important for you to call the office if your child is sick during the week before surgery. A mild cold or upper respiratory infection can lead to an increased risk from anesthesia. This includes the development of pneumonia or asthma after surgery. We would be happy to reschedule the surgery.

What should I expect the day of surgery?

Your child will be admitted to the Day Surgery Unit and assigned to a room. The Anesthesiologist and the pediatric surgeon will visit with you to obtain a medical history. The anesthesiologist will meet you there to give your child a mild sedative (by mouth) if needed. When it is time for surgery, you will be allowed to accompany your child to the entrance of the operating room. Once your child is taken to surgery, we ask that you wait in the Day Surgery waiting area. The surgeon will visit you there as soon as the surgery is complete. If you need to leave the waiting room you can ask for a local pager to carry with you.

One parent will be allowed to join your child in the recovery room once your child's vital signs (blood pressure, heart rate, and temperature) are stable. You will then be taken back to an observation area until discharge. Discharge occurs after your child can hold fluids without vomiting and has gone to the bathroom or wet a diaper. Your child will then be cleared by an anesthesiologist for discharge.

Texas Pediatric Surgical Associates wants to take excellent care of your child. We hope this information will help you prepare for your child's operation. We want to help reduce the stress that you must surely feel. Our entire staff wants to do everything that we can to ensure a safe and successful outcome of your child's surgery. Please call our office at (832) 325-7234 or Pediatric Pre OP/ Day Surgery at (713) 704-1383 if you have any questions.