

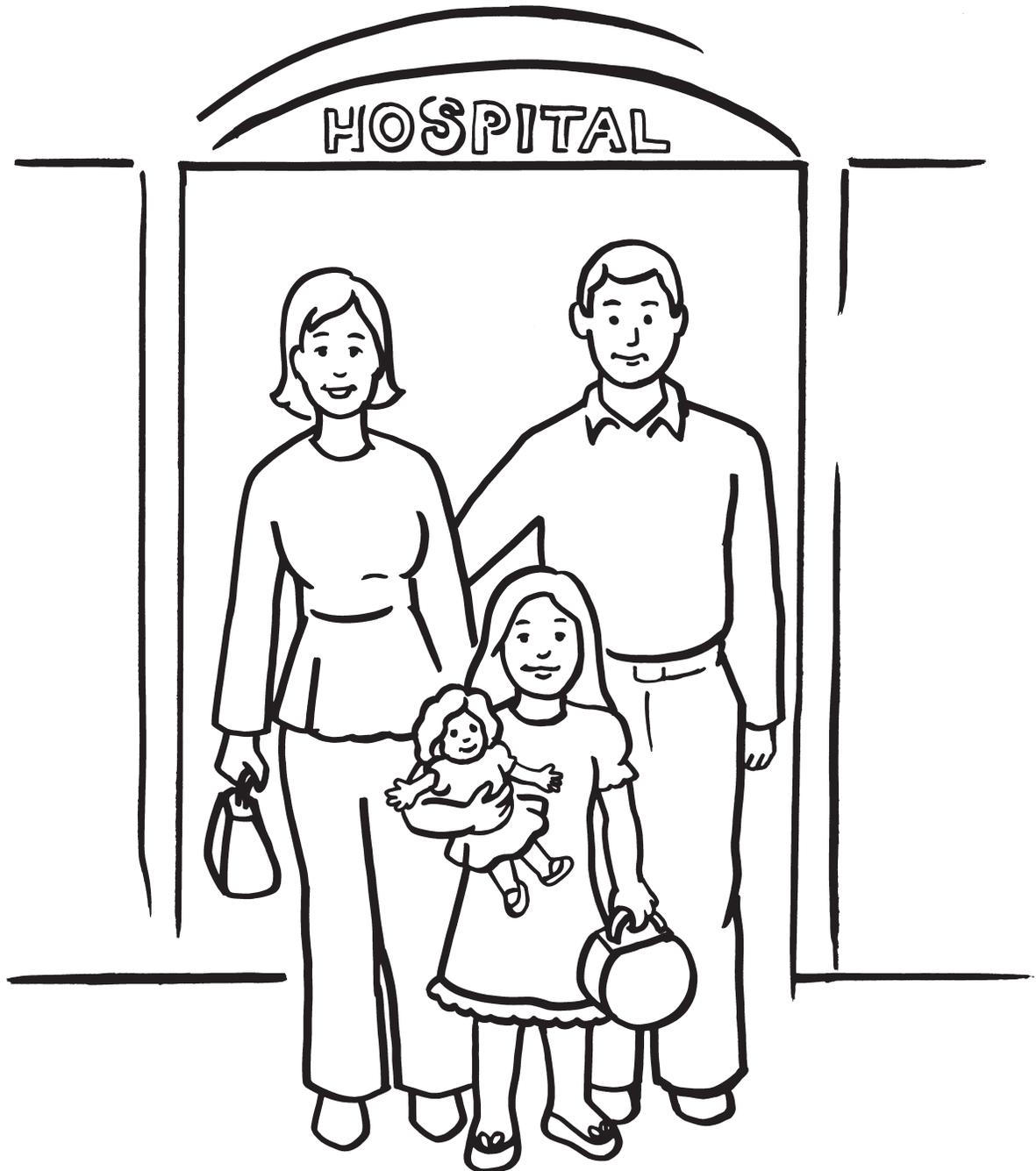
Ready, set, surgery!

HOSPITAL



Coloring and Activity Book

Ready, set, surgery!



Written by: Kristen LaBoon, CCLS

Illustrated by: Karen Jacobi

a note to parents:

Having surgery can be a difficult time for you and your child. A Child Life Specialist can offer the following assistance to help make this time easier:

- explaining developmentally appropriate education about illness, treatment and recovery, using a variety of teaching methods such as dolls, medical equipment, books, photographs and tours.
- preparing before, during and after medical procedures and other stressful times; assisting with coping techniques (toys, books, guided imagery and relaxation techniques).
- offering therapeutic play activities (medical play and creative arts) gaining insight into a child's perspective of his or her hospital/surgical experience.
- assessing developmental progress, through observation or formal tests, to determine a need for additional services.
- providing age appropriate supplies and activities in the playroom.
- explaining parent/caregiver education on childhood growth and development and the effects of illness, injury and hospitalization.
- giving support and education for siblings who may be concerned about their brother's/sister's surgical experience.



Very soon, you will come to the hospital to have surgery. Surgery means that you are asleep while a doctor fixes something in your body to make it better. When you come to the hospital to have your surgery, you can wear your pajamas. You can also bring two things from home, like a stuffed animal or blanket, to make you feel more comfortable.



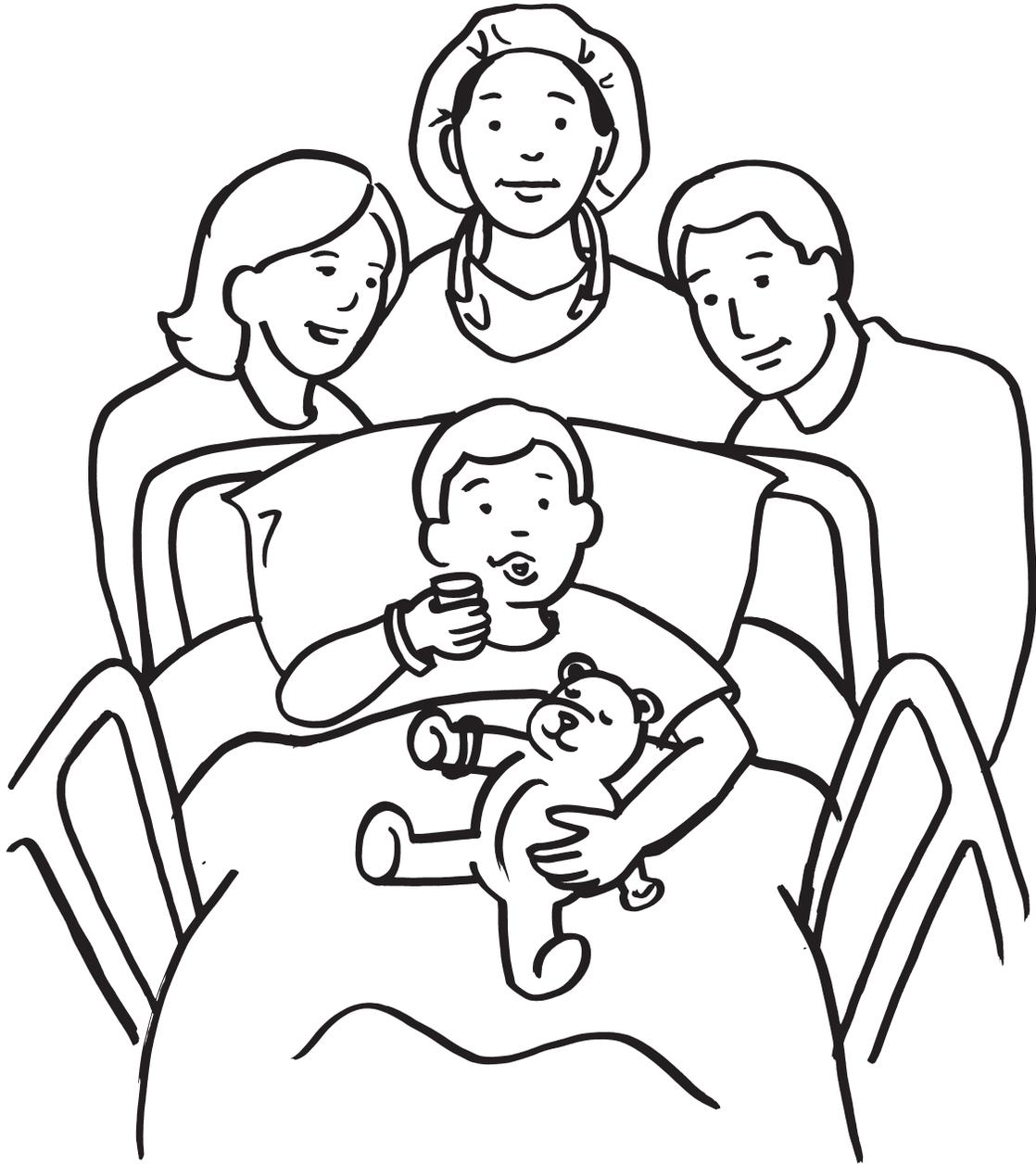
In an exam room, a nurse will ask you and your family a lot of questions so that we will know how to help you. The nurse will check your temperature with a thermometer that tickles your forehead. Then you will get your blood pressure checked with a blood pressure cuff that gives your arm or leg a big hug. The nurse also will use a sticker with a red light on it called a pulse-oximeter. The pulse-oximeter measures your heart rate and breathing.



Next, the nurse will have you put on some hospital pajamas. This helps us to keep things really clean. Nurses and doctors also wear hospital pajamas called scrubs. Sometimes they wear special hats and masks to keep germs from spreading. You and your family members will get ID bracelets with your name and birthday. Your stuffed animals also will get bracelets with your name so we know you belong together.



If there is time, you might get to play while you wait. You can bring something from home to play with or you can ask your nurse if you can borrow some toys or games.



A little while before your surgery, you will get giggle juice. Giggle juice is a medicine that makes you very relaxed. It can also make you very silly — that's why we call it giggle juice. Some kids like the way giggle juice tastes and some kids do not. If you are still very little, you will get a tiny squirt of giggle juice in your nose. It will taste yucky for a minute, but then you will start to feel much better.



When it is time to go to surgery, a nurse will check your name bracelet. That nurse will be with you the whole time in surgery, and is your special buddy in the operating room. Then you will give hugs and kisses to your family and say, "See you in just a little while." The nurse will help you ride on a special bed with wheels called a stretcher. The bed has rails on the side to help you stay safe when you are riding. You can tell your nurse if you want to ride fast or slow. Your family will wait for you in a waiting room that is very close to the operating room.



The operating room is the room where you will have your surgery. This room has big bright lights that help the doctors and nurses to see things really well. The operating room also can be a little cold so it has a special bed that is heated to keep you warm and cozy. When you are on this bed, a special doctor called an anesthesiologist will give you some sleepy medicine through a little mask. The mask is very soft and goes over your nose and mouth. You will get to choose a scent to put in your mask to make it smell good. Then you will put the mask on and breathe in and out. Soon you will fall asleep. Sleeping during surgery is different than sleeping at home. This is a special sleep that helps you not to feel anything during your surgery.



When your surgery is all done, you will go to the recovery room. In this room, you will wake up and drink something so that you can get ready to go home. Your family will be in the recovery room with you. When you wake up, you might feel a little sleepy. You also might see some tape on your hand or arm. This is called an IV. An IV is a really tiny straw that helps give you medicine. As long as you leave the tape on, it is okay to move your hand around and play. Before you go home, the nurses will peel off the tape and slide the straw right out. Most kids say this doesn't hurt.



When the nurses and doctors think you are ready to go home, they will let you change into your clothes. You will ride down to the car in a wagon or a wheelchair. Then you can get in the car and go home.



Some kids spend the night in the hospital after surgery. If you spend the night, you will get your own room in the hospital. Your family can stay in this room with you. Nurses and doctors will visit you to see how you are feeling.

Circle the scent you want for your anesthesia mask



Match these people with their jobs

Preop Nurse

The doctor who fixes your body while you are asleep

Surgeon

Helps you get ready before surgery

Anesthesiologist

Helps take care of you after surgery

Recovery Nurse

Helps make things easier while you are in the hospital

Child Life Specialist

The doctor who gives you sleepy medicine

Match the names with the definitions

Stretcher

A tiny straw that helps give you medicine

IV

A special bed with wheels that you ride on

Mask

Checks your blood pressure

ID Bracelet

Helps people know who you are

Blood-pressure Cuff

You wear this to get your sleepy medicine

Autographs

For information about ordering additional copies of this book, please contact Cook Children's Child Life Department at 682-885-4048.

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801 Seventh Avenue
Fort Worth, Texas 76104
682-885-4000 phone
www.cookchildrens.org