

One to Two Weeks Before Surgery

Physical exam

Your physician will let you know if you are required to obtain a history and physical exam from your primary care physician. If so, when the surgery date is set, schedule a pre-surgical physical to be completed approximately 7–14 days before the surgery. Any lab work that may be necessary should be done at that time.

The day the physical is done, your primary care physician should fax the “Outpatient History and Physical” form to your physician’s scheduling coordinator. Call the scheduling coordinator to confirm that the form has been received.

IMPORTANT: You should keep the original and bring it with you on the day of surgery.

Lab work

Your child’s physician may request certain lab tests be done. Results must be faxed to the scheduling coordinator at least one week before surgery.



The pre-surgical interview

You will receive a call from the nurse two to four days prior to surgery to discuss your child’s health, your concerns, and to answer any questions you might have. It is important that we know your child’s health history to help identify potential risks before your child’s anesthesia and surgery. We need to know:

- All prescription and non-prescription medicines and herbal remedies your child is taking. If your child takes medication every day, you will be told which medicine should be given before the procedure.
- If your child has a history of heart, lung, or neurologic problems, your child’s specialist may be asked to give medical recommendations for the surgery and anesthesia to proceed.
- Your child should not receive any vaccines within 72 hours of a scheduled procedure.

There are other issues which may or may not apply to your child. It’s a good idea to think about these ahead of time so you are prepared for the pre-operative interview.

Does your child have:

- Allergies to medicine, food, or latex
- Reactions to anesthesia or to a blood transfusion
- A history of motion sickness or nausea after anesthesia or medication
- Updated immunizations
- Previous illnesses or operations
- Previous hospital stays (admissions), tests, or treatments
- Anything that might put your child at risk during the hospital visit
- A family history of adverse reactions to anesthesia

The Day Before Surgery

Eating and Drinking Quick Reference *(for more information, see page 12)*

On the evening before surgery, **DO NOT** give your child solid food **after midnight**.

Solid foods include:

- Formula
- Juice with pulp (such as orange juice)
- Milk or milk products
- Hot or cold cereal
- Pudding
- Chewing gum, candy, or mints

Your child **MAY HAVE** clear liquids **until four hours before** the procedure time.

Clear liquids include:

- Apple juice
- Water
- JELL-O
- Popsicles
- Sports drinks (like Gatorade)
- Pedialyte
- Breast milk

If your child is breastfed, you may continue to breastfeed until four hours before the scheduled surgery.

Scheduling

The nurse will call you the day before surgery (or Friday for Monday procedure) by 2 pm to finalize the time of your child's procedure and the time you need to arrive at our Admissions area. If you do not receive this phone call by 2 pm, or are away from your phone, please call 571.766.3022.

You may be wondering, "Why do I have to wait until the night before the surgery to find out the exact time for my child's procedure?" You can be given a tentative time for your child's surgery earlier, but the time often changes because of medical necessity. While we know it is frustrating, the exact time for a surgery cannot be given until the evening before. Generally, we make every effort to schedule infants and toddlers in the morning.

Eating and drinking before surgery

It is very important to carefully follow the eating and drinking guidelines to prevent your child's procedure from being delayed or cancelled, even if your child is only receiving a local anesthetic. To decrease the risk of complications associated with vomiting, your child's stomach must be empty

before surgery. Here are the guidelines about eating and drinking before the procedure:

AFTER MIDNIGHT

- No solids, milk, or formula after midnight.
- No chewing gum or candy (including breath mints) as these are considered solid food.
- Clear liquids (sugar water, apple juice) **ONLY** up to four hours prior surgery.
- Prescribed tablets, capsules, or liquid medications should be taken with a sip of water at usual time, but before leaving home, **only if instructed to do so by the pre-operative nurse**. If your child has difficulty taking oral medicine this way, please discuss this with the pre-operative nurse at the time of the pre-operative call. Follow the instructions of the doctor and pre-operative nurse about medications prior to surgery.

SPECIAL NOTE

While we would never advise their use, on the day of surgery patients should not smoke, drink alcohol, or use recreational drugs. These can cause surgery to be unsafe and canceled.

What to Expect the Day of Surgery

We know surgery can be a stressful experience for your family, and Pediatric Specialists of Virginia is dedicated to making this a smooth process for you. Our team is specifically trained in pediatrics and we focus on family-centered care.

What should I bring?

You will need to bring any pre-operative paperwork, identification or legal papers (in the case of an adoption, guardianship, or divorce decree).

We recommend you bring your child's favorite security object, such as a blanket, stuffed animal, empty sippy cup, bottle, or pacifier to help comfort your child before and after the procedure.

When should I be there?

You will receive a call the day before your surgery telling you the time of the procedure and when you should be there. In general, please plan to report 90 minutes before the scheduled surgery time.

When I arrive, where do I go?

When you arrive, you can park in the visitor parking lot adjacent to the building. The Ambulatory Surgery Center is located on the fourth floor. Once you arrive on the fourth floor go through the glass doors. If you need personalized directions from your home to our offices, they are available at PSVCAre.org.

What do I do when I arrive?

When you arrive on the fourth floor you will be directed to registration.

After registration, the nurse, anesthesiologist, and surgeon will assess your child and interview you. They will discuss the details of their treatment plan and answer any questions you might have.

In keeping with policy at Pediatric Specialists of Virginia, all female patients who are of menstruating age will have a urine pregnancy test prior to receiving anesthesia.

Your child's surgery will be **CANCELLED** if:

- **The legal guardian or biological parent is not present and does not have an ID**
- **History and Physical Form (HP) is not complete**
- **Food and drink guidelines are not followed:**
 - **No food/milk after midnight**
 - **No breastfeeding within 4 hours of the arrival time**
 - **No clear liquids within 4 hours of the arrival time**

What happens when it is time for surgery?

Once care has been assumed by the anesthesiologist, you will go to the waiting room. Once your child's surgery is complete, the doctor will discuss the procedure with you.

Why is our surgery delayed?

We strive to be on schedule, but occasionally delays do occur. We apologize if there is any delay with your surgery time. Please contact a staff member if you have questions.

How long will my child's surgery take?

Each procedure is different and varies in length depending on the surgery and child. Your surgeon can provide a more specific estimate. Once surgery is complete, your nurse will contact you in the waiting room.

Where do I wait while my child is in surgery?

While your child is in the operating room, you will be directed to the waiting room. You can periodically check in with staff to receive an update on your child's status.

Once your child's operation is complete, the doctor will discuss the procedure with you in a private consultation room.



In general, please plan to report 60 minutes before the scheduled procedure time.

Anesthesia: What to expect

The anesthesiologists at Pediatric Specialists of Virginia are all board-certified physicians, fellowship trained in Pediatric Anesthesiology. We want to make the perioperative experience as pleasant as possible, and to assure you that your child's safety is always our number one concern.

Before surgery, the anesthesiologist will discuss the most appropriate care plan with you. The anesthesiologist will also discuss any questions you may have.

The safest place to start anesthesia is in the surgical suite. Your anesthesiologist will gently take your child directly to the surgical suite. There your anesthesiologist will place monitors and help your child breathe into an anesthetic mask. Young children will quickly fall asleep with this technique,

usually within a minute or two. Another technique that may be used is to insert an intravenous (IV) catheter. Once the IV is in place, "sleepy" medicine will be given.

In most, but not all, surgical procedures, your child will receive an intravenous catheter (IV) after they are asleep. The IV is very important! The anesthesiologist will use it throughout the procedure and the recovery nurse will use it while your child is waking up. The IV allows your child to receive hydration and various medications, including pain medication. Your recovery nurse will remove it when your child is safe and ready to be discharged to home.

If you have any additional concerns, you may call 571.766.3022 and ask to speak with an anesthesiologist. The day of surgery you will meet your anesthesiologist and discuss the best way for your child to go to sleep.

For female patients who are of menstruating age, a urine pregnancy test will be given prior to receiving anesthesia.

Once your child's surgery is complete, the doctor will discuss the procedure with you in a private consultation room.