



Children are our mission.
Our inspiration.

Pediatric surgery at Sanford Children's

Your child's surgery is scheduled on: _____ at _____
with Dr. _____
Phone _____
Procedure _____
Arrival Time at Surgical Tower _____





Sanford Children's

Your Child's Safe Place for Healing

At Sanford Children's we know that hospital stays and medical procedures can be stressful and even a little frightening for children and their families. We want to help you and your child prepare for a good stay with us. Getting your child ready before admission to the hospital will help ease any fears and make his or her hospital stay a positive, comforting experience.

You love your child. We share your love of children and know that each child needs our care, our readiness and our comfort in unique ways. Working together, with your family and our dedicated medical team, we can provide the best care for your child. If you have any questions, comments, or concerns before coming in for surgery, please call:

1. Your surgeon's office
2. Sanford Surgical Tower (605) 328-2601 from 8 a.m. – 4:30 p.m.
3. My Sanford Nurse (605) 333-4444 or (800) 445-5788, available 24/7



Getting Ready for Surgery

It is very important that you have followed all of the instructions you received from your child's surgeon and nurses during the preoperative visit. Arriving at the wrong time or letting your child eat or drink after the time he or she is not supposed to can cause delays in your child's surgery, or result in rescheduling your surgery for another day. Please bring in the medication bottles of all medications your child might be taking. It is very important you remember to do these things.

Tips for Getting Your Child Ready

- If your child is younger than five years old, you should talk to him or her a day or two before surgery. Older children should be given a few days to a week to ask questions and review information.
- Be honest. If you do not know the answer, tell your child you do not know, but you will find out.
- Use simple words your child will understand.
- Ask your child to discuss feelings and ask questions about what is coming.
- Have your child pack a suitcase with the things he or she wants in the hospital such as a security blanket, a favorite stuffed animal, or a toy.
- If applicable, we recommend you make childcare arrangements for siblings so you are able to focus on your child who is having surgery. Before coming to the hospital, remove any watches, necklaces, body piercing jewelry or earrings your child wears and leave them at home so they are not lost. Also, have your child take off nail polish.
- If you have questions before coming to the hospital, write them down. Sometimes it is hard to remember all your questions on the day of surgery.



Pediatric Surgery Virtual Tour

Sanford Children's offers a pediatric surgery virtual tour. This video will reduce fear and increase a child's understanding of what will happen during surgery.

Please watch the video at www.sanfordhealth.org and type in keyword: pediatric surgery

If you have additional coping concerns or questions, please call Child Life Specialists at (605) 312-1930.



Eating and drinking

Instructions



What about my child's medications?

You should give your child medicines as usual unless told not to do so by your doctor. Take pills with sips of water.



Children Over Age 10:

- No food after midnight.
- Up to four hours before surgery: clear liquids only, such as water, apple juice, clear broth and clear gelatin.

Children Under Age 10:

- Up to six hours before arrival to surgery: a light meal, such as dry toast and clear liquids. Milk is also allowed.
- Up to two hours before arrival to surgery: clear liquids only, such as water, apple juice, infant electrolyte solutions such as Pedialyte.
- Two hours before arrival: Nothing to eat or drink.

Infants Under 1 Year of Age:

- Breastfed — Your child may be nursed up to four hours prior to arrival and may have clear liquids (preference is Pedialyte) up to two hours prior to arrival. You may have to wake your baby to follow this schedule.
- Formula fed — Your child may be fed formula or milk up to six hours before arrival and have clear liquids (preference is Pedialyte) up to two hours before surgery. You may have to wake your baby to follow this schedule.

Day of Surgery

Upon Arrival to Surgical Tower

Once registration is finished, your child and your family will be greeted by surgical staff. The care team will prepare your child for surgery. The following usually occur:

- Your child will change into a hospital gown or pajamas.
- Your child will get a hospital identification bracelet with his/her name, birth date, and hospital number on it.
- Vital signs will be taken such as heart rate, respiratory rate, and blood pressure.
- We will weigh your child.
- In most cases, your child's surgeon will see you to make sure your child is ready for the surgery.
- You may also meet the nurse liaison. This nurse will be available to update you while your child is in surgery and answer any questions regarding the surgery process.
- Many of the same questions you have answered before will be asked again. This is for safety and to make sure all the information in your child's record is correct. You will be asked about allergies, medications, and whether your child has been exposed to any illnesses recently.



Meeting the Anesthesia Team

The anesthesia team includes an anesthesiologist (a doctor who specializes in anesthesia) and a Certified Nurse Anesthetist – CRNA (a nurse with special training and education in anesthesia).

- A member of the anesthesia team will see you and your child prior to surgery. They will:– Explain the planned anesthesia– Answer questions– Examine your child
- The anesthesia provider will ask you questions about:– Prior surgeries– Medication your child may be taking– Any concerns you may have
- At this time the anesthesia provider may decide if an oral medication to reduce stress before surgery is right for your child. The anesthesia provider may also talk about options for postoperative (after surgery) pain management.



Reducing Fear

Child Life Specialists are specially trained to help kids deal with their fears and concerns about surgery. They are experts in child development. They promote effective coping through play, preparation and education. A Child Life Specialist provides information, support and guidance to parents, siblings and other family members.

Having surgery can be scary for a child. Our goal is to decrease these fears. Children often know when their parents feel fearful. This can add to their own fear. Being calm can help your child cope better with the surgical experience.

When It Is Time for Surgery

When it is time for surgery, your child will go to the operating room with the surgical team. Most children do fine with the help of the OR nurse, Child Life Specialist or CRNA, though some children may benefit from having a parent come with them to the operating room for the start of anesthesia. The choice about which, if any, of these methods is best for your child should be discussed during the pre-operative visit with the anesthesiologist.

Where to go

Please come to the Surgical Tower entrance, located at 1508 W. 22nd Street. You may enter the parking lot for the Surgical Tower from 22nd Street or Grange Avenue. A valet will meet you at the entrance and park your car, free of charge.

If your child will be staying overnight, your car can be moved for your convenience. When you enter the Surgical Tower, a greeter will direct you to your pre-operative room.



During surgery

You will be shown where to wait while your child is in surgery. At least one parent should wait in this area at all times. The waiting area is where nurses, nurse liaisons, and/or physicians will look for you to give you updates about your child's surgery.





Anesthesia

Once in the operating room, your child's identity will be verified again and the patient chart will be checked to make sure all the information is correct. Many monitors, such as a heart monitor and a blood pressure cuff, will be put on your child who will be monitored by the anesthesia team throughout surgery.

During surgery your child will receive anesthesia or special medicine that prevents pain during surgical procedures.

Your anesthesiologist will talk to you about the best method for your child.

After surgery

Once your child's surgery is finished, the surgeon will speak with you. During this time, the anesthesia team will wake your child and bring him or her back to the Post Anesthesia Care Unit (PACU).

- It may take 30 minutes or more before your child will go to the PACU.
- Your child may be very sleepy as he or she is brought to the PACU and may not remember leaving the surgery room.
- At this time, the anesthesia care team tells the PACU team everything they need to know about your child.
- The PACU team will monitor your child closely as he/she wakes up.

After surgery, we will make every effort to reunite you with your child as soon as possible.



If I am reunited with my child in the PACU, how will my child look?

- When you first see your child, he or she may be very sleepy and have an oxygen mask near or on his or her face. Your child's face may look pale, puffy or swollen.
- Your child will likely have an IV and be connected to monitors that will measure heart rate, breathing, and blood pressure.
- Your child may already be awake when you arrive. Some children are alert and smiling, others are upset and crying. Your child may be fussy, confused, groggy, or just feel funny. All of these behaviors are normal.

Some children may experience "emergence delirium" as they wake up from anesthesia. This is defined as: they appear to be awake, but are not really "aware."

- During this time, children may cry, thrash, and reach for their parent.
- Nothing may calm the child as they are waking up from anesthesia.
- It is upsetting to watch, but each child wakes in his or her own way and it is important for you to know there is not a right or a wrong way.
- All of these reactions are normal.
- Your nurse will make sure your child is safe during this time.
- Try to stay calm and comfort your child. He or she will not remember this happened and often, will wake up feeling fine.

What if my child is in pain?

Your child may have pain. Knowing the level of pain that your child is having can be very hard due to the side effects of anesthesia and other discomforts such as the blood pressure cuff, IVs, hunger or thirst.

The PACU nurses are specially trained in caring for your child's pain and will do everything they can to keep your child comfortable and safe. You are asked to comfort your child as you are able. A quiet and calm approach with your child usually works best.

What can I do for my child in the PACU?

- If your child is sleeping, do not wake him or her. Children do best if they can sleep and wake up naturally after anesthesia. Speak softly and calmly, reassure your child. Do not stimulate your child as much as possible. Encourage rest at this time.
- Depending on the surgery and how your child is doing, you may be able to hold your child. Your PACU nurse will be able to tell you if and when you can hold them.
- Do not bring food or drinks with you into the PACU.

Our PACU team is here to support you and your child. Please let us know if you have any questions or concerns that we can help you with.

What happens after my child is ready to leave the PACU?

If your child is going home on the day of surgery, your child will stay in the PACU with his or her nurse until safely awake. At that time you may join your child in the second recovery care area. The second Recovery Care Team will help you during the discharge process.

If your child is going to be admitted to the hospital, your child will go from the PACU to his or her hospital room. Your PACU team will bring you and your child to their hospital room.



Discharge home

Your child will be sent home from the second recovery care area when the care team decides he or she is ready. This will depend on your child's type of surgery and on how your child is feeling.

When your child is ready to go home, you will get written information on how to care for your child. The nurse will also talk to you about:

- Activity
- Medications
- Special care
- Follow-up appointments
- What to expect as well
- Where you can call with any questions



Activity

Although your child may be awake and alert at the time of discharge, the effects of the medication may be present for 12-24 hours. Some of the things your child may experience include nausea, vomiting, irritability, drowsiness, and impaired balance and reflexes.

Because of this, your child should not return to daycare or school that same day. A quiet day at home is recommended. Your child may be unsteady for the first 24 hours and will need to be watched closely.

Protect your child from falls, sharp objects, and other potentially dangerous situations.

Feeding

Your child may start eating and drinking slowly. First, try clear liquids such as water, apple juice, or popsicles.

Breast milk or infant formula is also appropriate if this is what your child typically drinks. If your child does not vomit or feel ill, and clear liquids have been tolerated for at least one hour, your child may advance to his or her normal diet. Avoid greasy foods as this may cause nausea or vomiting. Offer and encourage fluids frequently.

Sanford Children's Surgical Team is here to help you! If you have any questions, comments, or concerns after you go home, please call:

1. Your surgeon's office
2. Sanford Surgical Tower (605) 328-2601 from 8 a.m. – 4:30 p.m.
3. My Sanford Nurse (605) 333-4444 or (800) 445-5788, available 24/7



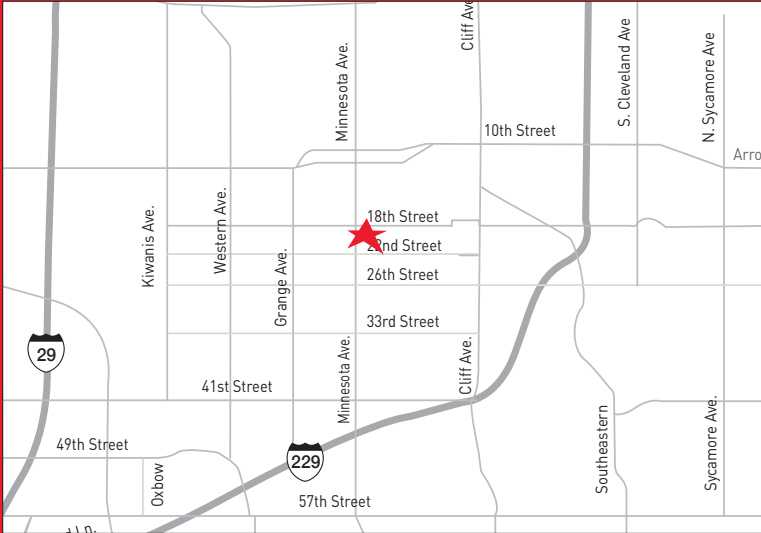
Pain

Your child may have some pain, be irritable, or run a slight fever. There are several factors that will determine the type of pain medication your child may need. Your surgeon, anesthesia team, and nurses will work together to make your child comfortable.

Behavior

Some children have temporary behavior changes at home, such as changes in sleep patterns, clingy behavior, eating changes, hyperactivity, new fears (not wanting to sleep alone, needing a night light) and acting younger (bed-wetting, thumb sucking). These behaviors are temporary and normal. Encourage rest and quiet activities. If these behavioral changes last longer than you expect, please call your surgeon's office.

Sioux Falls, SD



Someone from the Surgical Tower will call a few days prior to surgery with eating and drinking instructions and updated arrival time. If they do not call by 9 a.m. the day before surgery, please call 605-328-1030.

Surgical Tower
1508 W. 22nd St.
(605) 312-1000



Directions to Sanford Children's Hospital, Children's Specialty Clinic & Surgical Tower

Sanford Children's Hospital is located on the corner of 22nd St and West Avenue on the campus of Sanford USD Medical Center. Entrance to the clinic is through the main entrance of Sanford Children's Hospital. Look for the Castle of Care™. Sanford Children's Specialty Clinic is located on the ground floor (street level) of Sanford Children's Hospital. The Surgical Tower is east of the Children's Hospital.

From the North:

Take Interstate 29 going south. Take exit 79 and turn left onto 12th Street. Turn right onto Kiwanis Avenue. Turn left onto 22nd Street. Continue on 22nd Street, and Sanford Children's Hospital and Surgical Tower will be on your left.

From the South:

Take Interstate 29 going north. Take Exit 79 and turn right onto 12th Street. Turn right onto Kiwanis Avenue. Turn left onto 22nd Street. Continue on 22nd Street, and Sanford Children's Hospital and Surgical Tower will be on your left.

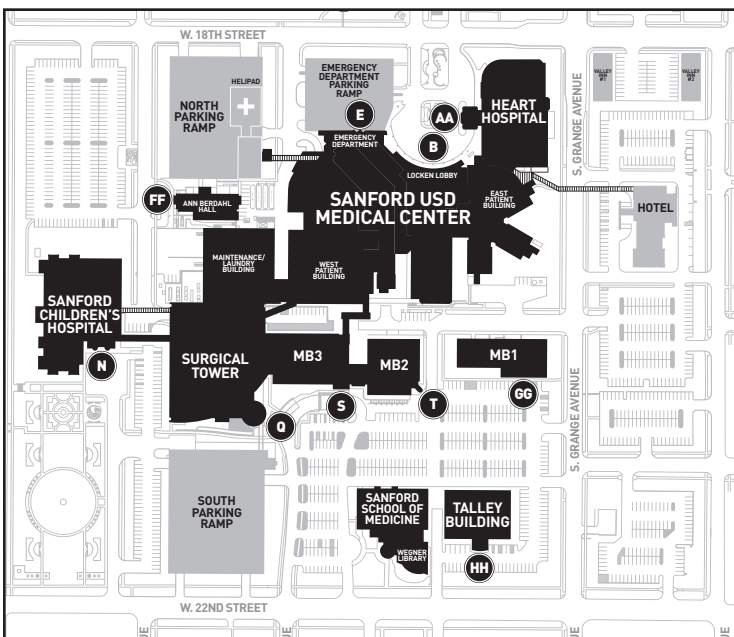
From the East:

Take Interstate 90 going west. Merge onto Interstate 29 going south using Exit 396A. Once on I-29, take Exit 79. Turn left onto 12th Street. Turn right onto Kiwanis Avenue. Turn left onto 22nd Street. Continue on 22nd Street Sanford Children's Hospital and Surgical Tower will be on your left.

From the West:

Take Interstate 90 going east. Merge onto Interstate 29 going south using Exit 396A. Once on I-29, take Exit 79. Turn left onto 12th Street. Turn right onto Kiwanis Avenue. Turn left onto 22nd Street. Continue on 22nd Street, and Sanford Children's Hospital and Surgical Tower will be on your left.

Map of Sanford USD Medical Center Campus



Parking

Designated Sanford Children's parking spots are available in the parking lot in front of Sanford Children's Hospital or on the ground floor of the South Parking Ramp (east of Sanford Children's Hospital). Entrance to the parking lot or South Parking Ramp is off 22nd Street. Handicapped accessible parking is designated in both locations.

Sanford Children's Specialty Clinic is located on the ground floor (street level) of Sanford Children's Hospital. Entrance to the clinic is through the main entrance of Sanford Children's Hospital.

The Surgical Tower has parking lots available. Valet parking is offered for your convenience.

Pre-Admission Registration Form

Pre Admit/Reg Phone (605) 328-3100 or 1-800-709-4274

or preregister on-line at www.sanfordhealth.org



Admit Date: _____

This procedure will be (circle one): Inpatient Outpatient

SECTION 1 – PATIENT INFORMATION

Last Name _____ First Name _____ Middle Name _____

Previous Name _____ First Name _____ Middle Name _____

Address _____ City _____ State _____ Zip _____ County _____

Phone _____ Birthday (MM/DD/YYYY) _____ Social Security Number _____

Patient Employer _____ Telephone Number _____

Marital Status M D S W Religious Preference _____ Race _____

Do you want your clergy to visit you while you are in the Hospital? Yes No Place of Worship _____

Attending Physician _____ Family Physician _____

Referring Physician _____

SECTION 2 – PARENT/GUARDIAN INFORMATION

If the patient is under age 18, please provide the following information. Otherwise, SKIP to the next Section.

Last Name _____ First Name _____ Middle Name _____

Address _____ City _____ State _____ Zip _____ County _____

Phone _____ Birthday (MM/DD/YYYY) _____ Social Security Number _____

Parent/Guardian Employer _____ Telephone Number _____

Race _____ Relationship _____

SECTION 3 – EMERGENCY CONTACT

Nearest Legal Relative

Last Name _____ First Name _____ Middle Name _____

Address _____ City _____ State _____ Zip _____ County _____

Phone _____ Birthday (MM/DD/YYYY) _____ Relationship _____

Employer _____ Telephone Number _____

Additional Contact

Last Name _____ First Name _____ Middle Name _____

Address _____ City _____ State _____ Zip _____ County _____

Phone _____ Birthday (MM/DD/YYYY) _____ Relationship _____

Employer _____ Telephone Number _____

SECTION 4 – PATIENT INSURANCE INFORMATION

In order to make sure we properly bill your insurance company, it is important to fill out the following insurance information correctly.

Please attach a copy of both sides of your insurance card.

Are you eligible for Indian Health Service? If so, please specify reservation: _____

Is this covered by workmen's comp? Employer _____

Is this the result of a motor vehicle accident? _____

Original date of accident/injury _____

Name of Primary Insurance Company _____

Address _____ City _____ State _____ Zip _____

Policy/Subscriber Social Security Number _____ Group Number _____

Policy Holder Name _____ Relationship _____ Employer _____

Medicaid #: _____ (If purple card is issued, please bring with you)

Name of Secondary Insurance Company _____

Address _____ City _____ State _____ Zip _____

Policy/Subscriber Social Security Number _____ Group Number _____

Policy Holder Name _____ Relationship _____ Employer _____

SECTION 5-PRECERTIFICATION EXPLANATION Pre-Auth Number _____

If required, you must obtain pre-approval for your hospital admission through your insurance company prior to admission.

Failure to do this may result in a penalty against your benefits.

Sanford Children's Hospital
childrens.sanfordhealth.org
(605) 312-1000

