A Trip to Surgery

Benjamin Russell Hospital for Children
• Today, I am having surgery.

• I may have different feelings about this.

• This story will help me learn more about my surgery.
The Waiting Room

• When I arrive to the hospital for my surgery, I will first wait in the waiting room.

• I will wait calmly in this big room with chairs and a TV until my name is called.
Triage Room

• In this room, I will stand on a scale to see how much I weigh. I need to be calm and I will be ok.

• Next the nurse will put a blood pressure cuff on my arm. This will feel like a hug on my arm. It is important I hold my arm still.
Triage Room

- A nurse will put a sticker that looks like a bandaid on my finger. This will count my heartbeats. I will hear a beeping noise.

- Next, my nurse will take my temperature. The thermometer will touch my head. It may feel cool.
Pre-Op Room

• Next, my family and I will go to a room with a TV. I will put on my hospital gown in this room. My clothes are put in a safe place.

• A nurse will give me a bracelet with my name. It is important I wear this on my wrist.

• I will lay on the bed. I can have my favorite stuffed animal or pillow.
• While I am waiting to go to the Surgery Room, I can pick a flavor for my mask.

• I can practice breathing in my mask.
Time to go

• When it is time to go, a nurse will read my bracelet.

• The nurse will be wearing a special hat when she comes to get me.

• It is time to go to the surgery room. I get to ride on my bed with wheels.
• My family can walk with me down the hallway.

• I will see a big wall with bubbles. Watching the bubbles will help me stay calm.
• Here I will give hugs and kisses. I will see my family later.

• My doctors and nurses will take good care of me.

• My family will wait for me in my room while I go to surgery.
• The surgery rooms are behind these doors.

• All the nice people will be wearing a special hat.
• The Surgery Room has a different bed and special equipment.

• Everyone in the Surgery Room will be wearing a hat and mask.
A nurse will help me move to the bed in the Surgery Room. They will bring me a blanket so I can stay warm.
• Just like before, a nurse will put a blood pressure cuff on my arm.

• The nurse will also put a sticker that looks like a bandaid on my finger to count my heartbeats.

• The nurse will put two special stickers on my back, and one sticker on my side. The stickers will feel cold but I am ok.
I will need to wear a special mask that gives me air.

I get to smell the special flavor I chose.

My job is to take deep breaths.

The mask will help me fall asleep for surgery.
Sleepy Medicine

- It is time to fall asleep for surgery.
- I need to keep my mask on and take big breaths in and out.
- I can close my eyes and smell the fun flavor.
Recovery

• This is the Recovery Room.

• It is time to wake up. My surgery is all done.

• A nurse is taking excellent care of me while I am here.

• It is ok to feel tired and sleepy.
• It is time to go back to my room.

• The nurse will take me back to my room.

• I can have a drink. I can have popsicles and juice.

• After I go to the bathroom, I will get to go home.
Going to spend the night in the hospital

• It is time to go to my hospital room.

• My family will walk with me to my hospital room.

• I can have a drink when I get to my hospital room.
If you have any questions, be sure to ask!
You can ask your doctor, your nurse, your child life specialist, and your family.
How do you feel?
Any questions for me?

You’re going to do GREAT!!