



Children's
of Alabama®

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.



The nurse will put a blood pressure cuff on my arm.

This will feel like a hug on my arm.
I will keep my arm still.

Triage Room



My nurse will put a sticker that looks like this on my finger.
This will check how well I am breathing.
I will hear a beeping noise.



My nurse will take my temperature.
The thermometer will touch my head.

Pre-Op Room



My family and I will go to a room with a TV.

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



While I am in this room I will put on my hospital gown.

The hospital gown may feel different than my clothes but it helps the doctors take better care of my body during my surgery.

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.



I will ride on a bed with wheels to my surgery room.





My family can walk with me down the hallway.

Before I go into my surgery room I can give hugs and kisses to my family.

I will see my family later.

My family will wait for me in my room while I go to surgery.





The Surgery Room has a different bed and special equipment.

Everyone in the Surgery Room will be wearing a hat and mask.

These help keep my body safe from germs.





A nurse will help me move to the bed in the Surgery Room.

They will bring me a blanket so I can stay warm.

My nurse will...

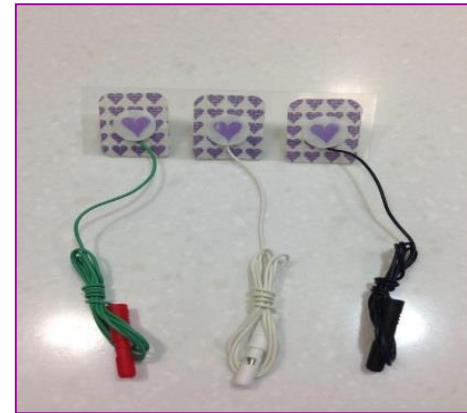


Put a blood pressure cuff on my arm.



Put a sticker that looks like this on my finger.

This will show how well my body is breathing.



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.

Sleepy Medicine



When it is time for my surgery I will wear a special mask.

The mask will help me fall asleep for my surgery.

My job is to take deep breaths.

Recovery



This is the Recovery Room.
This is where I will wake up when my surgery is done.
It is ok to feel tired and sleepy.

Going Home



After I wake up I will go 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.

My nurse and doctors will let me know when it is ok to eat and drink again.

???Questions???

- 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!!



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This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)