Pediatric Guidelines for Surgery

Pediatric patients less than 18 years of age must have a Parent or legal guardian present in the facility until discharged home. A legal guardian is required to show proof of guardianship and a valid Photo ID. Please make child care arrangements for your other children so you can focus on the child that is having surgery.

Please let staff know if your child has any sensory issues or any special needs.

Eating and Drinking

*If your child has a G-button, please bring the adaptor with you.

*If your child is on a special formula please be sure to bring some with you day of surgery.

Children 1 yr or older:

- Nothing to eat for 8 hours prior to surgery. May have clear liquids such as water, Gatorade, clear juice until 2 hours prior to scheduled surgery.

Infants:

- Infants up to 12 months of age may have clear liquids (such as water, Gatorade, clear juice) until 2 hours prior to scheduled surgery.
- Breast milk for up to 4 hours prior to surgery.
- No formula or other milk products (includes soy milk, almond milk, etc) for at least 6 hours prior to scheduled surgery.
- If the child is using a bottle, please bring one day of surgery.

Medications

Medications to take day of surgery:

- Ok to take any medications for seizures, pain, acid reflux, anxiety, mental health and breathing. Blood pressure medications should be discussed with your child’s surgeon. *Any medication that is in a thick suspension or needs to be taken with food should be taken 8 hours prior to surgery*

Medications to hold day of surgery:

- Diabetic medication is usually held day of surgery. If the procedure is later in the day, it is best to check with the child’s surgeon or the doctor who prescribes the medication for instructions.
- Certain blood pressure medications may need to be held day of surgery, Please discuss these medications with the child’s surgeon.
- All herbal medication/vitamins should be held for 2 weeks prior to surgery.
- Baby aspirin or ibuprofen should be held for at least 1 week before surgery. Children’s Tylenol is OK.

Bathing

- Please make sure your child gets a bath/shower the night prior to surgery. Avoid putting any lotions or creams on your child. Diaper rash creams are ok.
- Dress them in comfortable clothes for the day of surgery. Bring an extra change of clothes too.

Toys

- If your child has a special toy or blanket that gives them comfort in times of stress please bring it with you. They can have that special item go to the operating room with them and wake up with it. If possible, please wash blanket or stuffed animal prior to coming in.

Visitation:

Parent(s) or Legal Guardian can be with their child in the preop setting. The surgeon and anesthesiologist will see you prior to your child’s surgery to answer your questions. One Parent or Legal Guardian is required to remain on site in surgical lobby at all times. After surgery you will be able to see your child once they are awake in the recovery area.

Pain Management

- Pain management after your child’s surgery is important to us. We will use age appropriate pain scales to evaluate your child’s pain.
- For children ages 3 and older, we have a smiley face scale to help evaluate their pain level. This tool was originally created with children to help them communicate about their pain. Now it is used around the world with people ages 3 and older, improving assessment so pain management can be addressed.