

Children's

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North Surgery Center, LLC

Pre-Admission Instructions for Surgical Patients Receiving Anesthesia:

- ✓ **Bring a photo ID** (primary insured party do need to present, minors do not need ID), your insurance card, and your form of payment.
- ✓ **Bring the folder** that you or your child received from the surgeon in the office.
- ✓ **Do not eat or drink anything prior to arrival time instructions** – this includes water, hard candy, chewing gum, breath mints and/or chewing tobacco after midnight the night before surgery, unless otherwise directed by Children's North Surgery Center team member.
- ✓ **It is okay to shower and brush teeth** the morning of you or your child's surgery.
- ✓ **Wear loose, comfortable clothing.** If having a shoulder surgery, please wear or bring a large button down shirt for discharge home. Sleeves, legs, and waistbands should be loose enough to fit over bandages, splints, or braces.
- ✓ **Pediatric patients may bring** an empty bottle, sippy cup, pacifier, extra underwear or diapers (if applicable), comfort item, **but no blankets**.
- ✓ **Bring a list of medications** you or your child is currently taking, including vitamins and herbals.
- ✓ **Leave all valuables at home** – including wallet, money, jewelry, and laptops. CNSC cannot be responsible for their safety.
- ✓ **Please remove all metal piercings and jewelry.**
- ✓ **Bring case for contacts, glasses, and/or partials/dentures.**
- ✓ **Bring inhalers** if you or your child has asthma or emphysema.
- ✓ **Bring CPAP and/or mouth piece** if you or your child use one at home for sleep apnea.
- ✓ **If you or your child requires insulin, please bring insulin, syringes, and glucometer.**
- ✓ **Do not wear any lotion or makeup** on face or body the day of surgery.
- ✓ **Do not take any medications containing aspirin, vitamin E, fish oils, omega fatty acids, herbs, or weight loss products for at least seven (7) days prior to the procedure.** If you or your child has taken any of the above, please inform your surgeon as soon as possible.
- ✓ **If you or your child requires blood thinning medications for their heart,** like Aspirin, Coumadin, or Plavix, contact your cardiologist or primary care physician for guidance regarding when it should be stopped and restarted.
- ✓ **A responsible adult must accompany patients over age of 18 years of age or emancipated minors** to Children's North Surgery Center. This adult must be available to both drive you home and stay with you through the night. Parents of minors **absolutely cannot leave while facility** during child's stay - they must remain in the waiting area or adjacent lobby.
- ✓ **You may not take a taxi, bus, or any form of public transportation home by yourself** – only exception would be if you have a responsible adult accompany you home.
- ✓ **Children's North Surgery Center does not provide crutches.** If you are having leg, knee, ankle, or foot surgery the surgeon may require crutches. If so, please arrange to have them prior to your surgery and bring them with you for use after discharge. Some local stores offer crutches for purchase, such as King Soopers, Rite Aid, and Walgreens. You may also try your local community service organizations such as a Senior Center or Goodwill.

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Pre-Admission Instructions for Surgical Patients Receiving Anesthesia continued:

- ✓ **If your surgeon pre-arranged for any durable medical equipment** - such as an ice machine, brace, boot, or sling – please bring these with you day of surgery.
- ✓ **Call your surgeon's office if you or your child develops a cold, sore throat, fever, or any other illnesses that occur within 48 hours of surgery.**
- ✓ Please feel free to bring reading material or your own digital music and headphones.
- ✓ **If you have any questions regarding your or your child's procedure**, please contact your surgeon's office or the Children's North Surgery Center at 720-777-9545.
- ✓ **Serious complications** such as vomiting, inhaling fluid into lungs, and pneumonia could arise with even small amounts of food or water in the stomach. Since children can forget, **please monitor closely.**
- ✓ **You must inform nursing staff** if your child accidentally eats or drinks anything after the instructed time for food and/or liquids.
- ✓ **Non-compliance will result in cancellation of surgery for patient safety**

Instructions for after your surgery:

After surgery, you or your child will receive care in the "Post Anesthesia Care Unit – otherwise called PACU." The nurse(s) will closely monitor you or your child during the recovery, and once you are able to transfer from your stretcher to a rocker or chair, a family member will join you. If a minor, parent or legal guardian will be brought in after child has established a safe airway. In most cases, depending on the procedure, you or your child will be ready to leave the facility in 30 minutes to 2 hours following completion of surgery.

Before discharged home, the nurse will review home care instructions with you and/or the caregivers. A copy of these instructions will be sent home, please keep handy in case you or your child would require follow up care at urgent care or emergency room.

- **Have someone stay with you for the first 24 hours after surgery. Please review your individualized discharge instructions for additional information on post-operative care and restrictions.**
- Take it easy until physician says you or your child can return to your normal routine.
- It is natural to experience some discomfort in the area of the operation.
- You or your child may experience some drowsiness or dizziness, depending on how you or your child recover from anesthesia received or *on the amount of pain medication you or your child are currently receiving at home.*
- Do not drive, operate heavy machinery or power tools, cook, drink alcoholic beverages, smoke, make legal decisions, or take any medications not prescribed by the physician for at least 24 hours following surgery.

A member of the Surgery Center staff will call at 48 hours to see how you or your child is feeling.

Please contact your physician if you or your child is experiencing any problems after surgery.

If you cannot contact your doctor, but feel the concerns warrant a doctor's attention, call or go to the emergency room closest to you.