

Getting Started

When your child has been scheduled for surgery, our compassionate care team of pediatric surgeons, anesthesiologists and nurses will help you understand the upcoming procedure and guide you through the entire process.

Scheduling Surgery

After we receive the referral for surgery, please allow one business week for the surgical scheduling coordinator to contact you to set a date for surgery. If you are not contacted within one week, please call your surgeon's office.

PLEASE FOLLOW THESE STEPS BEFORE A SURGICAL DATE CAN BE SET:

- If you are not the biological parents or legally adoptive parents, you must provide proof of legal guardianship to the surgical scheduling coordinator before surgery can be scheduled.
- If you are an adult patient age 18 or older who has the ability to make an informed decision, you have the right to make your own medical treatment decisions.
- Any consultations or tests requested by your child's surgeon, such as seeing a neurologist or having a CT scan, need to be completed and the results faxed to our Pre Op team at 571-766-3091.
- Self-pay patients must make arrangements with our Surgical Coordinators at 571-766-3022

Canceling a procedure

If you need to cancel your child's procedure for any reason, please follow these instructions:

Prior to the day of the surgery: Call the scheduling coordinator at 571.766.3022.

Day of the surgery:

Call the pre-operative nurse in the procedure suite at 571.766.3024.

One to Two Weeks Before Surgery

Physical exam

Your physician will let you know if you are required to obtain a history and physical exam from your primary care physician. If so, when the surgery date is set, schedule a pre-surgical physical to be completed approximately 7–14 days before the surgery. Any lab work that may be necessary should be done at that time.

The day the physical is done, your primary care physician should fax the “Outpatient History and Physical” form to your physician’s scheduling coordinator. Call the scheduling coordinator to confirm that the form has been received.

IMPORTANT: You should keep the original and bring it with you on the day of surgery.

Lab work

Your child’s physician may request certain lab tests be done. Results must be faxed to the scheduling coordinator at least one week before surgery.



The pre-surgical interview

You will receive a call from the nurse two to four days prior to surgery to discuss your child’s health, your concerns, and to answer any questions you might have. It is important that we know your child’s health history to help identify potential risks before your child’s anesthesia and surgery. We need to know:

- All prescription and non-prescription medicines and herbal remedies your child is taking. If your child takes medication every day, you will be told which medicine should be given before the procedure.
- If your child has a history of heart, lung, or neurologic problems, your child’s specialist may be asked to give medical recommendations for the surgery and anesthesia to proceed.
- Your child should not receive any vaccines within 72 hours of a scheduled procedure.

There are other issues which may or may not apply to your child. It’s a good idea to think about these ahead of time so you are prepared for the pre-operative interview.

Does your child have:

- Allergies to medicine, food, or latex
- Reactions to anesthesia or to a blood transfusion
- A history of motion sickness or nausea after anesthesia or medication
- Updated immunizations
- Previous illnesses or operations
- Previous hospital stays (admissions), tests, or treatments
- Anything that might put your child at risk during the hospital visit
- A family history of adverse reactions to anesthesia

The Day Before Surgery

Eating and Drinking Quick Reference *(for more information, see page 12)*

On the evening before surgery, **DO NOT** give your child solid food **after midnight**.

Solid foods include:

- Formula
- Juice with pulp (such as orange juice)
- Milk or milk products
- Hot or cold cereal
- Pudding
- Chewing gum, candy, or mints

If your child is breastfed, you may continue to breastfeed until four hours before the scheduled surgery.

Your child **MAY HAVE** clear liquids **until four hours before** the procedure time.

Clear liquids include:

- Apple juice
- Water
- JELL-O
- Popsicles
- Sports drinks (like Gatorade)
- Pedialyte
- Breast milk

Scheduling

The nurse will call you the day before surgery (or Friday for Monday procedure) by 2 pm to finalize the time of your child's procedure and the time you need to arrive at our Admissions area. If you do not receive this phone call by 2 pm, or are away from your phone, please call 571.766.3022.

You may be wondering, "Why do I have to wait until the night before the surgery to find out the exact time for my child's procedure?" You can be given a tentative time for your child's surgery earlier, but the time often changes because of medical necessity. While we know it is frustrating, the exact time for a surgery cannot be given until the evening before. Generally, we make every effort to schedule infants and toddlers in the morning.

Eating and drinking before surgery

It is very important to carefully follow the eating and drinking guidelines to prevent your child's procedure from being delayed or cancelled, even if your child is only receiving a local anesthetic. To decrease the risk of complications associated with vomiting, your child's stomach must be empty

before surgery. Here are the guidelines about eating and drinking before the procedure:

AFTER MIDNIGHT

- No solids, milk, or formula after midnight.
- No chewing gum or candy (including breath mints) as these are considered solid food.
- Clear liquids (sugar water, apple juice) **ONLY** up to four hours prior surgery.
- Prescribed tablets, capsules, or liquid medications should be taken with a sip of water at usual time, but before leaving home, **only if instructed to do so by the pre-operative nurse**. If your child has difficulty taking oral medicine this way, please discuss this with the pre-operative nurse at the time of the pre-operative call. Follow the instructions of the doctor and pre-operative nurse about medications prior to surgery.

SPECIAL NOTE

While we would never advise their use, on the day of surgery patients should not smoke, drink alcohol, or use recreational drugs. These can cause surgery to be unsafe and canceled.

What to Expect the Day of Surgery

We know surgery can be a stressful experience for your family, and Pediatric Specialists of Virginia is dedicated to making this a smooth process for you. Our team is specifically trained in pediatrics and we focus on family-centered care.

What should I bring?

You will need to bring any pre-operative paperwork, identification or legal papers (in the case of an adoption, guardianship, or divorce decree).

We recommend you bring your child's favorite security object, such as a blanket, stuffed animal, empty sippy cup, bottle, or pacifier to help comfort your child before and after the procedure.

When should I be there?

You will receive a call the day before your surgery telling you the time of the procedure and when you should be there. In general, please plan to report 90 minutes before the scheduled surgery time.

When I arrive, where do I go?

When you arrive, you can park in the visitor parking lot adjacent to the building. The Ambulatory Surgery Center is located on the fourth floor. Once you arrive on the fourth floor go through the glass doors. If you need personalized directions from your home to our offices, they are available at PSVCare.org.

What do I do when I arrive?

When you arrive on the fourth floor you will be directed to registration.

After registration, the nurse, anesthesiologist, and surgeon will assess your child and interview you. They will discuss the details of their treatment plan and answer any questions you might have.

In keeping with policy at Pediatric Specialists of Virginia, all female patients who are of menstruating age will have a urine pregnancy test prior to receiving anesthesia.

Your child's surgery will be **CANCELLED** if:

- **The legal guardian or biological parent is not present and does not have an ID**
- **History and Physical Form (HP) is not complete**
- **Food and drink guidelines are not followed:**
 - **No food/milk after midnight**
 - **No breastfeeding within 4 hours of the arrival time**
 - **No clear liquids within 4 hours of the arrival time**

What happens when it is time for surgery?

Once care has been assumed by the anesthesiologist, you will go to the waiting room. Once your child's surgery is complete, the doctor will discuss the procedure with you.

Why is our surgery delayed?

We strive to be on schedule, but occasionally delays do occur. We apologize if there is any delay with your surgery time. Please contact a staff member if you have questions.

How long will my child's surgery take?

Each procedure is different and varies in length depending on the surgery and child. Your surgeon can provide a more specific estimate. Once surgery is complete, your nurse will contact you in the waiting room.

Where do I wait while my child is in surgery?

While your child is in the operating room, you will be directed to the waiting room. You can periodically check in with staff to receive an update on your child's status.

Once your child's operation is complete, the doctor will discuss the procedure with you in a private consultation room.



In general, please plan to report 60 minutes before the scheduled procedure time.

Anesthesia: What to expect

The anesthesiologists at Pediatric Specialists of Virginia are all board-certified physicians, fellowship trained in Pediatric Anesthesiology. We want to make the perioperative experience as pleasant as possible, and to assure you that your child's safety is always our number one concern.

Before surgery, the anesthesiologist will discuss the most appropriate care plan with you. The anesthesiologist will also discuss any questions you may have.

The safest place to start anesthesia is in the surgical suite. Your anesthesiologist will gently take your child directly to the surgical suite. There your anesthesiologist will place monitors and help your child breathe into an anesthetic mask. Young children will quickly fall asleep with this technique,

usually within a minute or two. Another technique that may be used is to insert an intravenous (IV) catheter. Once the IV is in place, "sleepy" medicine will be given.

In most, but not all, surgical procedures, your child will receive an intravenous catheter (IV) after they are asleep. The IV is very important! The anesthesiologist will use it throughout the procedure and the recovery nurse will use it while your child is waking up. The IV allows your child to receive hydration and various medications, including pain medication. Your recovery nurse will remove it when your child is safe and ready to be discharged to home.

If you have any additional concerns, you may call 571.766.3022 and ask to speak with an anesthesiologist. The day of surgery you will meet your anesthesiologist and discuss the best way for your child to go to sleep.

For female patients who are of menstruating age, a urine pregnancy test will be given prior to receiving anesthesia.

Once your child's surgery is complete, the doctor will discuss the procedure with you in a private consultation room.

What to Expect After Surgery

When will I be reunited with my child?

Your child will be observed for a period of time in the recovery area. The medical staff will reunite you with your child as soon as possible in the recovery area. The nursing staff will monitor your child's vital signs, pain control, and responsiveness (waking up). The length of stay in the recovery area varies; however, you should expect your child to stay at least 30 minutes to 1 hour. You can remain with your child through the recovery process and until it's time to go home.

What can I expect after surgery?

Children respond differently to anesthesia. Some children wake up quickly and may be awake before their families arrive at the bedside. Other children may still be sleeping from the effects of anesthesia. Please do not wake your child; children often have a gentler and more comfortable wake up when they awaken on their own.

Some children may have an upset stomach. Some children may have dizziness, or a sore throat due to the use of a breathing tube during surgery. Some children wake up shivering though they are not cold. Encouraging your child to take deep breaths will help. Those who have had intravenous (IV) pain medication may have an extremely itchy nose. This itch will go away. All of these reactions are normal.

Some children wake up restless or irritable, in a condition known as "emergence delirium." Children experiencing emergence delirium may cry, thrash, arch their back, reach out, and seem inconsolable, even when they are in their parent's arms. This behavior is not usually related to pain, and children do not usually remember it.

Emergence delirium may be upsetting for you to see, but be assured that it will go away. By staying calm, speaking softly, and remaining at the bedside, you can be a comfort to your child. Your nurse will be at the bedside to reassure and support you in consoling and comforting your child.

At home: As a result of the surgery and the anesthetic, you may see changes in your child's sleep and behavioral patterns.

Will my child be in pain?

Pediatric Specialists of Virginia is dedicated to keeping your child comfortable after surgery with the least number of side effects possible. Your child may experience some discomfort or even pain following a procedure. Managing your child's pain is very important to us and we try to control pain before your child comes out of the surgical suite. Sometimes it is necessary to give additional pain medicine.

Parents and caregivers can help by telling your child's care team what has worked to help soothe your child's pain in the past, and by supporting your child by holding his/her hand, rocking, cradling, cuddling, or offering a favorite security object (blanket, stuffed animal, or pacifier) that you have brought.

Please address any other questions or concerns you have with your child's nurse, anesthesiologist, or physician.



We recommend that you or another responsible adult supervise your child closely on the day of surgery after you get home.

Discharge and Follow-Up

When will my child be discharged?

Your child's medical team will continually monitor your child's recovery and communicate with you throughout the process. Your child's care team and you will determine the best and safest time for your child to go home.

What are the criteria for going home?

Your child should be awake and alert and medically stable prior to discharge.

What is the discharge process?

The nurse will review all the discharge instructions for your child's care at home, which will include: diet, activity, pain medications, follow-up appointments, call center appointment line number, possible post-surgical complications, and phone numbers to call if you have a problem or question. Please feel free to ask questions about discharge instructions or request more instructions if you have concerns about taking care of your child at home.

When it is time to go home, you may assist your child in changing into his/her clothes while in the recovery center. You may use a stroller to the

exit. If your child needs a wheelchair you will be escorted to the exit. Please have a ride home arranged and present at the time of discharge.

If you need a written note for absence from school or work, ask your nurse before discharge.

What can I expect when we get home?

We recommend that you or another responsible adult supervise your child closely on the day of surgery.

Your child may be drowsy and may nap or sleep on and off the rest of the day. Your physician may limit your child's activity after the procedure and provide further instruction.

A nurse will call you a day or two after your child's surgery to follow your child's progress and to assist you with questions you may have.

What if I have questions?

If you have questions or concerns, you may call Pediatric Specialists of Virginia, Monday through Friday, 7 am – 4 pm, at 571.766.3022.

Information about Consenting Parent/Party

This information is provided to clarify who may sign paperwork and consent to evaluation and treatment for a child at Pediatric Specialists of Virginia. If you have any questions about this information, please contact your provider.

Biological parent: The biological parents are the child's natural mother and father, i.e., the woman who gave birth to the child, and the man who fathered the pregnancy. Biological parents may sign all paperwork on the child's behalf and may consent to evaluation and treatment unless a court has determined that the parent no longer has this right. By signing any paperwork at Pediatric Specialists of Virginia, the biological parent certifies that there has been no court action that would prevent them from doing so.

Parent requesting accommodation of a divorce decree: In an instance when the divorce decree changes either parent's rights to consent to a child's treatment, Pediatric Specialists of Virginia needs to have a copy of that court decree. It is important that you bring any required paperwork referenced above to the child's first appointment at Pediatric Specialists of Virginia to avoid the need to cancel appointments or procedures.

Adoptive parent: The adoptive parent is the parent who has been granted adoption of the child by court order.

Foster parent: The foster parent may or may not be able to sign paperwork for the child, depending on the state and county in which the child lives. If you are the child's foster parent, please contact the child's social worker to clarify what you are permitted to sign for and to request documentation from the social worker indicating this. You will be required to present paperwork

from the county establishing your ability to consent prior to the child being seen or treatment being given. Please also give the social worker's name and phone number to the child's provider so that we may contact the social worker directly if questions arise.

A note to parents of adult children

At age 18, children become legally responsible for providing consent for all medical treatments. However, if you or your doctor feel that your child is not able to understand the risks and benefits of medical treatment and cannot make an informed medical decision, a legal guardian must be appointed for that purpose. To obtain legal guardianship over an adult child, parents must apply to probate court in the county where the child lives. For more information, please contact a lawyer or the probate court.

Informed consent and advance directives

If you are an adult patient age 18 or older who has the ability to make an informed decision, you have the right to make your own medical treatment decisions. You also have the right to draft an advance directive giving instructions for health care when you are no longer able to participate in treatment decisions. For copies of advance directives, call Pediatric Specialists of Virginia at 571.766.3022 and select the option for the pre-operative nurse, or speak with your nurse or doctor.

If these guidelines are not followed, your child's surgery will be delayed or canceled. We appreciate your attention to this important information.



Helpful Tips to Prepare for Your Child's Surgery

Below are some helpful tips to prepare for your child's surgery. Pediatric Specialists of Virginia recommends reviewing these checklists as soon as your child's procedure is scheduled.

Checklist – A month before surgery

- M Schedule a physical exam with your child's physician within 30 days before the surgery.
- M Physician completes and signs the medical history and physical examination form.
- M Discuss your child's medical history with the doctor, including:
 - M The reason for the surgery
 - M Medications your child is taking
 - M Allergies to medicine, food, or latex
 - M Reactions to anesthesia or to a blood transfusion
 - M Previous illnesses or operations
 - M Previous hospital stays (admissions), tests, or treatments
 - M Family history of adverse reactions to anesthesia
 - M Anything that might put your child at risk during the visit
- M Ask your physician about any special equipment you may need at home after the surgery.
- M Arrange for someone to care for your other children while you are at Pediatric Specialists of Virginia.

Checklist – The day before surgery

- M For safety reasons, check your child for signs of a cold, fever, or rash. If present, call the nurse immediately. The procedure may be postponed.
- M Make arrangements for transportation to and from Pediatric Specialists of Virginia.
- M Get directions to PSV. Visit **PSV**Care.org**** for personalized directions.
- M Talk with your child about the surgery.
- M Review the information about anesthesia and the instructions about eating and drinking.
- M Make sure your child has taken a thorough bath or shower and removed all make-up, nail polish, piercings, and other jewelry.
- M Make arrangements to be with your child or have another adult present while your child recuperates at home.
- M Have your insurance card and identification ready to bring with you.
- M If Pediatric Specialists of Virginia called you and you were unavailable, make sure to return the call.
- M Prepare any custodial or adoption papers you might need to bring with you.

What to Bring the Day of Surgery

Please make sure you bring the following information to check in and register:

- M Picture identification card (for parents and patients over 18)
- M Insurance card for the patient
- M Proof of guardianship (foster parent papers, court orders) if you are not the parent of the patient
- M Your child's Social Security number
- M The original medical history and physical (H&P) exam form completed by your primary care physician, the Consent to Procedure form, and any other paperwork your child's doctor may have given you
- M Any outside X-ray or other imaging films and/or lab results

Other items to bring for the comfort of you and your child:

- M Comfortable clothing and a change of clothes
- M Your child's medications
- M Containers for glasses, contact lenses, or any assistive devices such as hearing aids
- M Your child's favorite toy, blanket, or comfort item
- M Special bottle, nipple, pacifier, or sipper cup
- M Something to occupy your time while you're waiting, such as magazines, knitting, or your laptop computer

What not to bring

- M Valuables, such as jewelry
- M Siblings and other relatives or friends
- M Food or drink
- M Due to space constraints and safety, we must limit the number of people to only parents/guardians and patients.

What if I have questions?

If you have questions or concerns, you may call Pediatric Specialists of Virginia, Monday through Friday, 7 am – 4 pm, at 571.766.3022.

Canceling a procedure

If you need to cancel your child's procedure for any reason, please follow these instructions:

Prior to the day of the surgery:

Call the scheduling coordinator at 571.766.3022.

Day of the surgery:

Call the pre-operative nurse in the procedure suite at 571.766.3024.



Before Surgery at Pediatric Specialists of Virginia

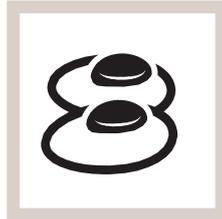
Pediatric Specialists
of Virginia

Children's National. INOVA

DO NOT HAVE 
AFTER MIDNIGHT
on the day
of Surgery



Meat



Egg



Gum



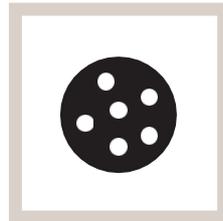
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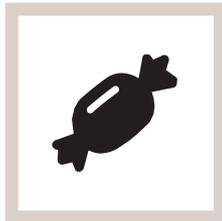
Milk



Fried Food



Cookies



Candy



Cereal



Apple Sauce



Orange Juice

OK TO HAVE 
ONLY UP TO 4 HOURS
before Surgery



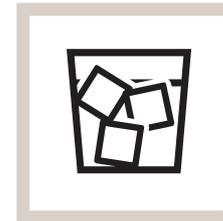
Water and clear soda
(such as Sprite™)



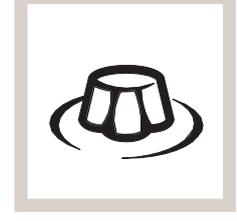
Popsicles
(no pulp, no milk)



Sports drinks
(such as Gatorade™)



Powdered drinks (such as
Kool-Aid™ & Crystal Light™)



Gelatin without fruit
(such as Jell-O™)



Apple juice (pulp-free)



Breast Milk

More detailed information is available in your
"Having Surgery" booklet.

You may talk to a member of our team Monday through Friday,
7 am – 2:30 pm at 571.766.3024.

PSVCare.org

