Guidelines for Your Child’s Surgery
The Pediatric Pre-Op Adventure is an excellent way to help your child prepare for surgery. See Page 5 for more details.
Welcome to Central DuPage Hospital’s (CDH) Surgical Services. Your child will be cared for by professionals clinically trained in pediatrics. This booklet will provide information you should know before your child has surgery. Included are important preparation instructions for surgery and post-surgery care.

We are committed to serving you and your child in a compassionate, comfortable and personalized manner. We recognize that each family has special needs and concerns, and we are dedicated to addressing them to the best of our abilities. You are the key to your child’s experience and recovery, and we want to work together for the well-being of your child.

Pre-Admission Interview and Pre-Operative Testing

A pre-admission nurse from CDH will contact you after the surgeon has scheduled the surgery to ask questions regarding your child’s health history. You will be asked about previous hospitalizations, medications and the name and phone number of your primary care physician or pediatrician. This interview may take 10-15 minutes. To complete the phone interview, or ask any questions, please contact a pre-procedure nurse at 630.933.6121. TTY for the hearing impaired 630.933.4833. If you get voicemail, leave your child’s name, your child’s surgery date and your phone number. The nurse will return your call as soon as possible.

Your surgeon may require your child to be seen by your pediatrician or primary care physician prior to surgery for a preoperative history and physical. Preoperative testing may be required and will be scheduled by the pre-admission nurse. Convenient locations for testing are listed in this booklet on page 2.

The following space is provided for your convenience in listing appointment times:

Appointment Time: ______________________________________________________________

Location: ______________________________________________________________________

Special Instructions: ________________________________ ________________________________
________________________________________________________________________________
Pre-Admission Testing

Depending upon your healthcare plan and your primary care physician, the following sites are available for preoperative testing:

1. **Central DuPage Hospital**
   25 North Winfield Road, Winfield
   630.933.1600
   Monday, Wednesday, Friday 6:30 a.m.–5:00 p.m.
   Tuesday, Thursday 6:30 a.m.–6:30 p.m.
   Saturday 8:00 a.m.–1:00 p.m.
   Sunday 9:00 a.m.–12:00 p.m.
   Closed on holidays

2. **CDH Convenient Care Center, Bartlett**
   820 Route 59
   630.213.9600

3. **CDH Convenient Care Center, Bloomingdale**
   235 South Gary Avenue
   630.893.9600

4. **CDH Convenient Care Center, Glen Ellyn**
   885 Roosevelt Road
   630.384.6200

5. **CDH Convenient Care Center, Naperville**
   636 Raymond Drive
   630.416.2300

6. **CDH Convenient Care Center, St. Charles**
   2900 Foxfield Road
   630.377.6500

7. **CDH Convenient Care Center, Wheaton**
   7 Blanchard Circle
   630.682.0500

**CDH Convenient Care Center Hours**
Monday-Friday 7:30 a.m.–8:30 p.m.
Saturday & Sunday 8:00 a.m.–6:00 p.m.
Holiday hours vary
TTY for the hearing impaired 630.933.4833

8. **Central DuPage Hospital Outpatient Testing at Mona Kea**
   395-A Schmale Road, Carol Stream
   630.462.7080
   Monday-Friday 9:00 a.m.–3:30 p.m.
   Saturday 9:00 a.m.–11:00 a.m.

For the convenience of their patients, these clinics also provide pre-admission testing.

9. **DuPage Medical Group - Glen Ellyn**
   430 Pennsylvania Avenue, Glen Ellyn
   630.348.3638
   Monday-Friday 8:00 a.m.–4:30 p.m.
   (Closed from 12:00 p.m.–1:00 p.m.)

10. **DuPage Medical Group - Wheaton**
    1800 North Main Street, Wheaton
    630.510.6918
    Monday-Friday 8:00 a.m.–4:30 p.m.
    Saturday 8:00 a.m.–4:30 p.m.
    TTY for the hearing impaired 630.933.4833
Getting Ready for Surgery

Preparing your child for surgery will help decrease his or her anxiety. Preparation helps support your child’s individual coping skills and gives him/her a feeling of control over stressful events.

Children are very sensitive to what goes on around them, even if they do not understand the words. The child reacts to the pitch of a voice — the tone, speed, volume and stress in the speech — especially of the parent. It is important to have a calm, even, steady voice when talking to your child about surgery.

Young children process information in “concrete” terms. Words and language are experienced literally by a child. (For example, if you describe an injection to a child by saying “you will feel a little stick in your arm,” the child may think a stick or twig will be placed in his/her arm.) The following are suggestions for word substitutes when talking to your child about surgery.

<table>
<thead>
<tr>
<th>Avoid Saying</th>
<th>Substitute</th>
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<tbody>
<tr>
<td>cut, fix</td>
<td>make better</td>
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<tr>
<td>incision</td>
<td>special opening</td>
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<tr>
<td>edema</td>
<td>puffiness</td>
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<td>stretcher</td>
<td>rolling bed</td>
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<tr>
<td>catheter</td>
<td>tube</td>
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<td>monitor</td>
<td>TV screen</td>
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<td>electrodes</td>
<td>stickers</td>
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<tr>
<td>specimen</td>
<td>sample</td>
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<tr>
<td>put to sleep, anesthesia</td>
<td>special sleep</td>
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<tr>
<td>dye</td>
<td>special medicine</td>
</tr>
<tr>
<td>stool</td>
<td>child’s usual term</td>
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<tr>
<td>deaden</td>
<td>numb, make sleepy</td>
</tr>
<tr>
<td>shot, bee sting, stick</td>
<td>medicine under the skin</td>
</tr>
<tr>
<td>organ</td>
<td>special part of the body</td>
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<tr>
<td>test</td>
<td>see how (fill in body part) is working</td>
</tr>
<tr>
<td>pain</td>
<td>hurt, discomfort, owie, boo-boo</td>
</tr>
<tr>
<td>take your temperature</td>
<td>check your temperature</td>
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</table>
Additional Preparation Tips and Guidelines

• If your child is 3 years or younger, tell him/her about the surgery the day before. Younger children do not have a concept of time and telling them too far in advance may cause unneeded anxiety.

• If your child is 4 or older, tell him/her about the surgery one to two weeks prior as you see fit.

• Use concrete terms.

• Answer questions as they come up. Be careful about providing more details than necessary.

• Make the surgery trip something to look forward to by promising a small toy afterward.

• Emphasize that no other body part will be involved.

• If the body part is associated with a specific function, stress the change or the noninvolvement of that function (e.g., after a tonsillectomy the child can still talk).

• Use words that are appropriate to the child’s level of understanding.

• Avoid words or phrases with dual meanings.

• Clarify all unfamiliar terms.

• Emphasize the sensory aspect of the procedure — what the child will feel, see, smell, touch and hear.

• Introduce anxiety-producing information last (for example, an injection).

• Be honest about the unpleasant aspects of the procedure, but avoid creating undue concern (for example, “Your throat will hurt, but you will get medicine to make it feel better”).

• Stress the positive benefits of the procedure (for example, “After your tonsils are fixed, you won’t have as many sore throats”).
The Pediatric Pre-Op Adventure

A Pre-Surgical Program for Families

Surgery can be a difficult time for parents and children. To help alleviate any fear you or your child may have, we have designed a program called the Pediatric Pre-Op Adventure. We invite your family to attend this special program that will prepare you for the surgical experience. A visit to the Same Day Surgery area and the Pediatric Unit will be offered, and you will have time for questions. To register for one of our regularly scheduled programs, please call Information & Physician Referral at 630.933.4CDH (4234). TTY for the hearing impaired 630.933.4833. If surgery is scheduled on short notice or your child is younger than 3, we will make every effort to provide a private adventure for your child. This program is a great benefit to parents and children. We hope to see you there!
A Child’s Rights As Our Patient

We believe that all children, regardless of race, creed or developmental level, have the right to be treated with dignity and respect, to feel safe and to understand what is happening to them while they are in the hospital.

While You Are Here, You Can Be Sure of These Things

Access
• You are important to us. We are here to help you feel better. Please let us know all we can do to help.

Respect and Dignity
• You are a special person. We understand that you may have cultural, religious, emotional and special needs. Please let us know what they are so that we can support you.

• You have the right to confidentiality. This means that what you tell us about yourself and what we learn about you will not be told to others unless it is important to your care.

Coordination of Care
• You will meet many people during your stay. We will tell you our names and our jobs. We will call you by your name or nickname, whichever you would like.

• We will help you find time to play, along with time to learn, rest and sleep.

Information, Education and Communication
• We are committed to helping you understand why you are in the hospital and what needs to be done so that you can get better. If you have any questions or fears about anything that is going to happen to you, we will listen. Please ask us questions, and we will try to answer them in ways that you can understand.

• To ensure effective communication, you have the right to have a confidential language or sign language interpreter at no cost to you. You can also use a TTY, written materials, telephone handset amplifiers, assistive listening devices, television closed captioning and writing tablets. If you or your guardian need communication assistance, please ask for any hospital staff to page Interpreter Services at 630.512.2182.

Involvement of Family
• We understand that you are a member of a family. You have the right to have your family with you whenever possible.

Physical Comfort
• It is important that you know what is done to you in the hospital is NOT done to hurt or punish you. Sometimes we will need to see or touch your body to help you get better, but we will always tell you first. The people in the hospital want you to get better and be able to go home.

• Tell us if you are hurting. We will try very hard to make the hurting stop.

Emotional Support
• We want to help you with your feelings. It is okay to feel angry, sad, scared or lonely in the hospital. You can tell us your feelings and we will always listen.

• We want you to feel safe.

Transition and Continuity
• We will allow you privacy for yourself and your special things from home. You can have your special things with you (like a blanket, toy or radio) if that will make you feel better.
An Important Note Regarding Your Child’s Anesthesia

It is very important to check with your insurance company regarding coverage for the anesthesia your child will receive during his/her surgery. All of the anesthesiologists who work at CDH belong to a group called West Central Anesthesiology Group Ltd. Like your child’s surgeon and other doctors, West Central Anesthesiology is an independent physician group. This means that they contract separately with insurance companies and may not be in the same networks as CDH. After your surgery, you will receive a separate bill from West Central Anesthesiology Group Ltd.

Please call your insurance company before your surgery and ask if West Central Anesthesiology is in your insurance network. If they are not, talk to your insurance company’s representative about how you can negotiate the lowest possible out-of-pocket fees for your anesthesia.

If you have further questions or concerns after speaking with your insurance company, please contact Anesthesia Billing Consultants at 800.242.1131, ext 5319.
The Day Before Surgery

On the day before your child’s surgery, it is very important to call the Same Day Surgery Department at CDH to obtain arrival time and instructions. If your child is scheduled on Monday, please call the Friday before. If you are unsure of where you are scheduled, please call 630.933.2647. TTY for the hearing impaired 630.933.4833.

Please use the following numbers and call between 2:00 p.m. and 4:30 p.m.:

West Same Day Surgery 630.933.2647
East Same Day Surgery 630.933.6708

Dietary Needs

Read these directions carefully. They are very important. When you call the Same Day Surgery staff, they will reinforce or modify these instructions. Your child may have dinner the night before surgery. Clear liquids, such as apple juice, ginger ale and water, may be given up to four hours prior to the scheduled arrival time. Infants may breast-feed or take formula five hours prior and have Pedialite® three hours prior to the scheduled admission time.

Checklist

When talking to the nurse, please use the following checklist to help you remember the information you will be given.

Surgical time: ____________________________________________
Arrival time: ____________________________________________
Entrance: _______________________________________________
Stop at the Information Desk at: ☐ Surgery Center Entrance
Follow the signs to: ☐ West Same Day Surgery ☐ East Same Day Surgery
Medications: ____________________________________________
Solid food until: _________________________________________
Clear liquids: ___________________________________________
Breast-feed/formula until: _________________________________
Begin fasting at: _________________________________________

Items to Bring

☐ Insurance card ☐ Cups or pacifiers
☐ Picture I.D. ☐ An extra change of clothes and underwear
☐ A favorite toy, stuffed animal or blanket ☐ Robe, slippers and toothbrush if staying overnight
☐ Special nipples or bottles, milk or formula ☐ Other
The Day of Surgery

For your convenience, complimentary valet parking is provided at each entrance.

Please check in at the reception desk in the waiting room of Same Day Surgery. A staff member will take you and your child to a dressing area to change into hospital pajamas and slippers. Vital signs (blood pressure, temperature and pulse) will be checked by a nurse, who will also ask you questions about your child’s allergies, history of illnesses and/or hospitalizations. A consent for surgery will be signed and postoperative instructions will be reviewed. Using a multidisciplinary approach, a plan of care will be developed to meet your child’s needs.

The anesthesiologist will speak with you and your child prior to going into the operating room. You will be allowed to stay with your child until it’s time for the child to be transported into surgery. When you are with your child in the pre-op holding area just prior to surgery, we must ask that other siblings younger than 12 remain in the waiting area with a responsible adult.

Your child will be under the close supervision of anesthesiologists and professionals who are skilled in caring for children. While your child is in surgery, you may wait in the Same Day Surgery waiting room. Your child’s surgeon will come to speak to you as soon as the procedure is completed.

Pediatric Anesthesia

Most children are given a general anesthetic using a flavored mask (grape, bubblegum and strawberry are favorite choices). Older children may require an IV to go to sleep. Local anesthetic is used prior to IV placement.
The Recovery Period

As soon as your child is awake, you can be with him/her in the phase II recovery area. You will be able to stay with your child until it’s time for your child to go home.

It is normal for your child to be somewhat groggy for the rest of the day. Children often do not remember the experience. Despite our best efforts, your child may experience some nausea and vomiting. It is often a good idea to cut back on solid food intake the first night.

Occasionally, your child will need oral or rectal Tylenol or prescription pain medicine ordered by the surgeon, for post-operative pain control. Children usually recover from surgery more quickly than adults.

Postoperative Pain Relief and Information

Tylenol may be all that is needed for pain relief. If stronger pain relief is needed, the anesthesiologist or surgeon will evaluate your child and recommend the appropriate pain relief technique or medication. You will receive complete written and oral instructions for your child’s recovery before you go home. A surgical nurse will call you within 24 hours after the procedure to inquire about your child’s recovery and answer any questions you may have.
Inpatient Services

If your child needs to be admitted to the hospital after surgery, he/she will be taken to the Pediatric Unit or the Pediatric Intensive Care Unit, depending on your child’s needs.

The patient care staff (CDH-affiliated physicians, nurses, social workers, respiratory care personnel and pharmacists) are highly skilled in the care of infants, children and adolescents. They are available to work with you to develop a plan of care to meet your child’s specific needs and requests. You may participate in your child’s care to whatever extent you are comfortable. You may make arrangements to spend the night with your child on the Pediatric Unit, if you wish. Please ask your nurse for more details.

Child Life Program

CDH is committed to your child having a positive hospital experience. “Play” is one important way children feel safe expressing feelings. Our child life therapist is available to provide diversional and recreational activities for your child. Activities include arts and crafts, video and computer games and play room activities. We also have educational materials for parents and patients.

Your Child’s Activity

Understand that there is probably no way to restrict your child’s activity after surgery. Children are very smart. If it hurts, your child will probably not do it. Children should be watched carefully for a full 24 hours after surgery.
Directions to Central DuPage Hospital

From the East
Take I-88 West to the Winfield Road exit. You will exit to your right. Turn right onto Winfield Road and proceed north past Warrenville Road, Butterfield Road and Roosevelt Road. CDH is approximately 1 mile north of Roosevelt Road. Follow the directional campus signs to your destination.

From the North
Take Route 59 south to Geneva Road. Turn left on Geneva Road and continue east to Winfield Road. Turn right on Winfield Road and continue south for approximately 1/2 mile. The hospital campus is on your left. Follow the directional campus signs to your destination.

From the South
Take Route 59 north to Ogden Avenue (Route 34) and turn right. Turn left at the intersection of Ogden and Raymond Drive. Take Raymond Drive north to Diehl Road and turn right onto Diehl. Take Diehl to Winfield Road and turn left. Continue on Winfield Road past Warrenville Road, Butterfield Road and Roosevelt Road. CDH is approximately 1 mile north of Roosevelt Road. Follow the directional campus signs to your destination.

From the West
Take Route 64 (North Avenue) east to County Farm Road. Turn right onto County Farm Road and proceed south to Jewell Road and turn right. Travel approximately three blocks west. The hospital campus will be on your right. Follow the directional campus signs to your destination.

Important Phone Numbers

Central DuPage Hospital
Main number 630.933.1600

Pre-Admission Nurse
(To schedule preoperative testing) 630.933.6121

Registration (Insurance)
(Centralized Scheduling) 630.933.5000

Information & Physician Referral
(To schedule Pre-Op Adventure) 630.933.4CDH (4234)

West Same Day Surgery
(Call the day before surgery) 630.933.2647

East Same Day Surgery
(Call the day before surgery) 630.933.6708

TTY for the hearing impaired 630.933.4833
Central DuPage Hospital Map

For your convenience, valet parking is available at all Central DuPage Hospital entrances. If you are scheduled for surgery in West Surgery, please use campus Entrance 1 and proceed to the Hospital/Outpatient Services Entrance. If you decide to self-park please use Parking Lot 1 or 2. If you are scheduled for surgery in East Surgery, please use campus Entrance 1 and proceed to the Surgery Center Entrance. If you decide to self-park please use Parking Lot 4.

If you need a wheelchair or additional assistance, our staff at each entrance will be happy to assist you.