



Countdown to Your Child's Procedure

A family's guide to planning for
procedures requiring anesthesia

 Ann & Robert H. Lurie
Children's Hospital of Chicago®



Lurie Children's is the first hospital in Illinois recognized by the American College of Surgeons as a Level 1 Pediatric Surgery Center, the highest quality designation possible.

All, for your one.®

Patient rights and responsibilities for families and children

We will...

- Tell you who we are and what we're doing
- Tell you what is happening before, during and after treatment
- Provide an interpreter at no cost to you
- Give you the information you need to make decisions about treatment
- Honor your right to refuse treatment or services as the law allows
- Give instructions for how to care for your child at home

To serve you better, please...

- Tell us everything you know about your child's health
- Tell us what your child and your family need
- Tell us if your child has pain — we will respond as quickly as possible
- Let us know if we were not clear with the information or instructions you received
- Let us know if you need help understanding your bill and financial responsibilities
- Let us know if you need access to your child's medical records

As a partner in your child's care, we...

- Honor your central role in your child's care
- Respect that you know your child best
- Welcome your questions about your child's care
- Respect your spiritual and cultural needs
- Value your privacy and confidentiality

PATIENTS' RIGHTS

You may contact Lurie Children's Patient Relations at 312.227.4940 (12th floor); Illinois Department of Public Health, 525 W. Jefferson Street, 5th Floor, Springfield, IL 62761, 800.252.4343 (24-hour hotline) or 217.782.2913; or The Joint Commission, Division of Accreditation Operations, Office of Quality Monitoring, One Renaissance Boulevard, Oakbrook Terrace, IL 60181, 800.994.6610.

For more information, visit [medicare.gov/claims-and-appeals/medicare-rights/get-help/ombudsman.html](https://www.medicare.gov/claims-and-appeals/medicare-rights/get-help/ombudsman.html)

Visit luriechildrens.org/SurgeryPrep

Ann & Robert H. Lurie Children's Hospital of Chicago complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity or expression, age or disability.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-312-227-4000 (Relay: 1-800-526-0844).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-312-227-4000 (Relay: 1-800-526-0844).

Patient Checklist

Our procedure is scheduled for _____
date and time

We should arrive at _____ a.m. / p.m.
(as told to me by the pre-screening nurse the day before procedure)

ONE MONTH BEFORE

- My child's laboratory tests/blood work are completed, if needed.
- My child has received a physical exam and medical history.
- My child's laboratory test results, history, physical and any pertinent clinical recommendations from my child's specialists have been faxed to the location of procedure (if the labs were not done at Lurie Children's):

Main Hospital	Northbrook	Westchester
312.227.9732	312.227.9570	312.227.9846
- I have preregistered for my child's procedure by calling 312.227.1220.
- I verified my child's insurance information by speaking with the Lurie Children's Admitting Services Department. If I would like to speak to a financial counselor for estimated cost I can do so by calling 312.227.1230 between the hours of 8 a.m. and 4:30 p.m., Monday through Friday.
- We viewed the pre-procedure information online at luriechildrens.org/surgeryprep.
- If my child is on blood-thinning medication, I have discussed a plan with the surgeon. *This includes non-steroidal anti-inflammatory medications like ibuprofen (e.g., Advil®, Motrin®) that may be used for fevers or teething.*

DAY BEFORE

- I spoke to the pre-screening nurse about my child's health history, including if my child has a fever, cough, cold or has been exposed to chickenpox, measles or mumps.
- I received arrival times and feeding instructions.
 - **Main Hospital and Northbrook:** The prescreening nurse will call you after 11 a.m. If you need to contact the prescreener, the phone number is 312.227.5050.
 - **Westchester:** Please call the Outpatient Surgery Department at 312.227.7895 between 8 a.m. and 4 p.m., Monday through Friday.
- I gave my child a bath/shower and shampoo as directed by the prescreening nurse.
- I stopped feeding my child food, candy or gum the night before as instructed by the pre-screening nurse. (WARNING: If eating instructions aren't followed it is possible your child's procedure may be rescheduled.)
- I stopped giving my child anesthesia-approved liquids at _____ (as told to me by the prescreening nurse on the phone). (WARNING: If eating instructions aren't followed, it is possible your child's procedure may be rescheduled.)
- I packed my child's favorite toy, blanket, bottles, pacifiers, etc.
- I packed insurance information:

___ Policy identification card	___ Referral form (if needed)
___ A form of payment	___ Claim form (if needed)

DAY OF

- We/I arrived at the time the prescreening nurse gave us.
For Main Hospital location: Proceed to the 2nd floor reception desk
For Northbrook and Westchester locations: Proceed to front desk
- Before going home, I received discharge teaching, prescriptions and instructions.

DAY AFTER

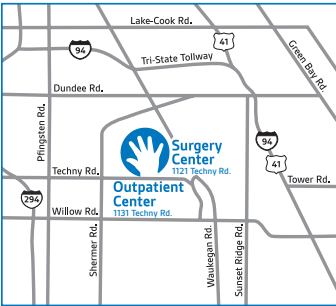
- I followed the instructions given to me by my child's healthcare team.
- I spoke with a nurse who called me to see how my child is doing.
- If I had questions or concerns, I called the doctor's phone number provided to me.
- I scheduled a follow-up appointment with the appropriate physician's office, if directed to do so.

Locations



CHICAGO (MAIN HOSPITAL)

Ann & Robert H. Lurie Children's Hospital of Chicago
 225 East Chicago Avenue, Chicago, IL 60611-2991
 To reach the facility: 312.227.4000
 To schedule laboratory services: 312.227.6350
 For questions about your child's procedure,
 reach out to your child's surgeon or call
 312.227.5050



NORTHBROOK

Ann & Robert H. Lurie Children's Hospital of Chicago
 Surgery Center in Northbrook
 1121 Techny Road, Northbrook, IL 60062
 To reach the facility: 312.227.2700
 To schedule laboratory services: 312.227.6350
 For questions about your child's procedure,
 reach out to your child's surgeon or call
 312.227.2782



WESTCHESTER

Ann & Robert H. Lurie Children's Hospital of Chicago
 Outpatient Center in Westchester
 2301 Enterprise Drive, Westchester, IL 60154
 To reach the facility: 312.227.7900
 To schedule laboratory services: 312.227.6350
 For questions about your child's procedure,
 reach out to your child's surgeon or call
 312.227.7895

HELPFUL NUMBERS

Lurie Children's (Main Hospital).....	312.227.4000
Lurie Children's Emergency Care Center.....	312.227.3800
Lurie Children's Surgery Center in Northbrook.....	312.227.2700
Lurie Children's Outpatient Center in Westchester	312.227.7900

LABORATORY SERVICES

To schedule an appointment and pre-register, call: **312.227.6350**

Lurie Children's – Main Hospital

Laboratory hours of operation

- Monday through Thursday,
6:30 a.m. to 8 p.m.
- Friday, 6:30 a.m. to 6 p.m.
- Saturday and Sunday,
7 a.m. to 3 p.m.
- Closed holidays

Lurie Children's Outpatient Centers

Laboratory hours vary for each

- **Lincoln Park** (2515 N. Clark Street/467 W. Deming Place, Chicago, IL)
- **Arlington Heights** (Northwest Community Hospital)
- **Lake Forest** (Northwestern Lake Forest Hospital)
- **New Lenox** (Silver Cross Hospital)
- **Northbrook** (1131 Techny Road)
- **Westchester** (2301 Enterprise Drive)

Lurie Children's MyChart

Please sign up for MyChart by visiting MyChart.luriechildrens.org. Lurie Children's MyChart will give you direct online access to portions of your child's electronic medical record (EMR). Test results, medications, appointment information and more are all securely stored for easy retrieval.

The information and guidelines contained in this booklet should not be used as a substitute for the medical care and guidance provided by your child's physician and healthcare team. There may be individual circumstances which cause appropriate variation from these recommendations. If you have questions or concerns, consult your child's doctor.

Having a procedure at Lurie Children's means your child will be cared for by some of the most skilled and experienced medical professionals in the nation. These experts work together to guide your child safely and smoothly through procedures and recovery.

Some children having a procedure will come to the hospital or outpatient center as an outpatient, meaning your child may have the procedure and, after recovering from anesthesia, return home the same day.

Some procedures require a child to stay in the hospital for a longer period of time. If your child will not be going home the day of his/her procedure, your doctor or nurse will tell you how to plan and what to expect.

LOCATION OPTIONS FOR YOUR CHILD'S PROCEDURE

Your child's procedure can be done at Lurie Children's Main Hospital in Chicago, Lurie Children's Outpatient Center in Westchester or Lurie Children's Surgery Center in Northbrook. The same quality and expertise of care will be received at each location — Lurie Children's medical and surgical subspecialists and anesthesiologists who practice at the Main Hospital also provide care at each location. The Lurie Children's Outpatient Center in Westchester is conveniently located in Chicago's near west suburbs, and the Lurie Children's Surgery Center in Northbrook is located in Chicago's northern suburbs; both offer a convenient alternative location to Chicago for outpatient procedures and surgery. If you schedule your child's procedure at Westchester or Northbrook, the follow-up care may also be scheduled in Westchester or Northbrook. Please ask us where your child's surgeon does procedures and discuss which location would be best for you and your family.

PREPARING FOR YOUR CHILD'S PROCEDURE

Talk to your child's doctor and nurse about your worries and concerns. Share with them any questions or thoughts regarding your child's procedure. The more you know about what will be happening to your child and how he/she may be feeling, the more you and your child will be relaxed.

USING THIS GUIDE

These instructions are written to help you better understand what will be happening to your child before, during and after the procedure. The patient checklist on the inside front cover and detailed timeline will help prepare you, your child and your family for the experience. After all, the more you know about everything that needs to be done before and after your visit, the more you can help ensure the process goes smoothly.

Please make sure you understand what you need to do and how you can help prepare so that your day will run as smoothly as possible. If you have any questions or need information clarified, please discuss your concerns with your referring surgeon or physician, or call the location where your child is scheduled to have the procedure:

- Lurie Children's (Main Hospital): 312.227.5050
- Lurie Children's Surgery Center in Northbrook: 312.227.2700
- Lurie Children's Outpatient Center in Westchester: 312.227.7895

We provide in-person, video and telephonic interpreting services for patients and families with limited English proficiency.



Within the month before ...

SCHEDULING

Your surgeon's or physician's office will schedule your child's procedure days or months ahead of time.

NURSE PRESCREENING PHONE CALL

You will receive a call from a Procedural Services prescreening nurse who will verify your child's information and current health conditions. If necessary, the nurse will complete specific pre-anesthesia documents to review with an anesthesiologist and confirm any additional information that will be needed prior to your child's procedure.

Some non-steroidal anti-inflammatory medications like ibuprofen for teething or fevers may increase your child's potential for bleeding. Please talk with the prescreening nurse about this.

HISTORY AND PHYSICAL EXAM

Your child will need a medical history and physical exam completed by a licensed healthcare professional (usually your pediatrician) before the procedure. (We prefer that your pediatrician use the enclosed form to document this.)

LABORATORY TESTS

Your surgeon (or physician who has referred your child for a procedure) may tell you that your child needs a laboratory test or blood work before the procedure. The tests may be done at a Lurie Children's location (call 312.227.6350) or at your child's primary care/pediatrician's office. If you are not sure if your child needs lab tests or you did not receive a form for your child's labs, call the surgeon's or physician's office that referred your child for the procedure.

If your child has tests done by his/her own primary care doctor/pediatrician, please ask your child's primary care physician's office to fax the results to the location where your child is having a procedure and bring the results with you on the day of the procedure:

- **Main Hospital Fax:** 312.227.9732 (for fax problems, call 312.227.5050)
- **Northbrook Fax:** 312.227.9570 (for fax problems, call 312.227.2700)
- **Westchester Fax:** 312.227.9846 (for fax problems, call 312.227.7895)

Lurie Children's – Main Hospital Laboratory Hours

- Monday through Thursday, 6:30 a.m. to 8 p.m.
- Friday, 6:30 a.m. to 6 p.m.
- Saturday, Sunday and holidays, 7 a.m. to 3 p.m.

Call the Lab Customer Service Center for available appointment hours: 312.227.6350

Laboratory hours vary for each

- **Lincoln Park** (2515 N. Clark Street/467 W. Deming Place, Chicago, IL)
- **Arlington Heights** (Northwest Community Hospital)
- **Lake Forest** (Northwestern Lake Forest Hospital)
- **New Lenox** (Silver Cross Hospital)
- **Northbrook** (1131 Techny Road)
- **Westchester** (2301 Enterprise Drive)

Within the month before... continued

OBTAIN A LETTER FROM YOUR CHILD'S DOCTOR

If your child has an ongoing (chronic) condition such as asthma or diabetes, or a heart, neurologic, kidney or liver condition, your child's doctor who cares for his/her condition will need to provide a written assessment of your child's current condition and specific recommendations. Have your child's specialist fax it to the proceduralist's office and bring a copy with you the day of the procedure. Also, if your child is on a blood thinning medication, please notify the proceduralist's office so a plan can be made and your child's procedure does not have to be postponed.

GATHER INSURANCE INFORMATION

Most insurance plans require prior authorization for procedures. Please call the number on the back of your insurance card to check your plan requirements.

Authorizations for procedures are obtained by the Lurie Children's Financial Clearance team (for facility charges) and the division scheduler (for professional fees). We recommend that all patients contact their insurance company to understand their deductible, co-insurance, and out-of-pocket maximums base on their benefits plan. CPT codes for procedures may be provided to patients from your physician's office to support accurate communication with insurance companies.

If you are not sure or do not know your child's insurance benefits, please contact your own insurance representative or one of the following:

- **Main Hospital Financial Clearance:** 312.227.1230; Monday through Friday, 7 a.m. to 5 p.m.
- **Admitting:** To register for the procedure call 312.227.1220

When your child arrives at the hospital or other facility, you will need your health insurance identification card and a referral/authorization form from your primary care physician, specifying the procedure to be done that day.

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Within the month before... continued

BECOME FAMILIAR WITH WHAT WILL HAPPEN

We want to partner with you to provide as much information as possible about what to expect on the day of your child's procedure. This advanced preparation can help familiarize you and your family with the hospital experience and assist with feeling as comfortable as possible before, during and after a procedure. It may also help to lessen your child's worries and fears, increase your child's confidence and trust in the doctors, nurses and hospital and reduce stress before and after the procedure.

Please visit our website at luriechildrens.org/surgeryprep to view a video and other resources about navigating and planning for your child's visit. Please complete our "Patient and Family Coping Questionnaire" at luriechildrens.org/childlifepspecialist.

Our child life specialists, as members of your child's healthcare team, partner with you and your child to help prepare. Using developmentally appropriate language, books and teaching tools, including medical play, they can help reduce stress and increase understanding. The procedural services child life specialist can tailor a specific coping plan for children who have special needs to help ensure that your child's experience will be the best that it can be.



Scan this QR code to find our Procedural Prep Book, designed by the Lurie Children's Child Life Team. This book is written in child-friendly language and will help you prepare your child for their procedure.

We also offer you and your child the opportunity to come and visit our procedural services environment, meet the child life specialist and have any additional questions answered days prior to your child's procedure. Child life specialists can also provide tips on how to best talk with your child's siblings before or after the day of the procedure to help with understanding. To learn more about how we can help your family prepare, please call our child life specialist at 312.227.0156.



luriechildrens.org/surgeryprep



One week before...

A Patient Registration specialist may call you between the hours of 8 a.m. and 9 p.m. between two and five days prior to your child's procedure to preregister your child, if you have not already completed your child's preregistration. This person will ask you for information such as your mailing address, age of your child and insurance coverage. You may also receive a separate call from a financial counselor to discuss your child's benefits and/or payment options prior to the visit.



1 day before...

TALK WITH OUR PRESCREENING NURSE

The **afternoon** (the schedule is not finalized until noon) prior to your child's procedure, you will receive a phone call from our prescreening nurse to confirm with you the time of arrival and feeding instructions for your child. If you would like to call them directly, you may do so at:

- **Main Hospital:** 312.227.5050, Monday through Friday, 8 a.m. to 5:30 p.m.
- **Northbrook:** 312.227.2782, Monday through Friday, 8 a.m. to 4 p.m.
- **Westchester:** 312.227.7895, Monday through Friday, 8 a.m. to 4 p.m.

FEED YOUR CHILD ACCORDING TO THE INSTRUCTIONS

The prescreening nurse will explain:

- When to **STOP** your child from eating solid foods
- When to **STOP** your child from drinking milk or formula
- When to **STOP** breastfeeding your child, if applicable
- When to **STOP** all **ANESTHESIA-APPROVED LIQUIDS**

ANESTHESIA-APPROVED LIQUIDS: Water or apple juice (not cider)

IMPORTANT

- **It is very important that you follow the feeding instructions the prescreening nurse gives you. This is for your child's safety. Unfortunately, if the feeding instructions are not followed, your child's procedure may be delayed or rescheduled for a different day.**
 - **If your child takes medications daily, ask the prescreening nurse to give you instructions on how to administer them on the day of the procedure.**
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Call your child's surgeon or prescreening nurse at 312.227.5050 (Main Hospital), 312.227.2782 (Northbrook) or 312.227.7895 (Westchester) if your child has developed a cold, cough or fever or if he/she has been exposed to a contagious disease such as chicken pox, measles or mumps. If your child has any of these symptoms, it may not be safe for your child to have a procedure, and the procedure may need to be rescheduled.

1 day before... continued

CALL TO VERIFY INSURANCE (IF THEY HAVE NOT CALLED YOU)

If you have not received a phone call from a Lurie Children's financial clearance representative by the day before the procedure (or by Friday, if procedure is on a Monday), call:

- **Main Hospital:** Financial counselor, 312.227.1230, 7 a.m. to 5 p.m., Monday through Friday

Tell the representative when your child is scheduled for the procedure and explain that you have not yet been contacted by a Lurie Children's financial clearance representative.

If you need to update insurance information or revise personal information, please call:

- **Main Hospital:** Patient Registration specialist, 312.227.1220
7 a.m. to 11:30 p.m., Monday through Friday; 8 a.m. to 4:30 p.m., Sunday

NOTE: If your child is scheduled for a procedure on a Monday or day following a holiday, you will be contacted on the prior business day. Although we realize it may be stressful waiting to get your child's procedure time, the schedule is not finalized until around noon. Lurie Children's observes the following holidays: New Year's Day, Martin Luther King Jr. Day, Memorial Day, Independence Day (July 4), Labor Day, Thanksgiving Day and Christmas Day.

BATHE YOUR CHILD

It is very important your child's hair and body are clean. Make sure to give your child a bath/shower. If your surgeon's or physician's nurse gave your child an antibacterial soap or special wipes, use this to clean your child. If you were not given an antibacterial soap, you may purchase any soap labeled "antibacterial" at the drug store for your child's bath.

- Wet hair and skin well
- Wash hair and entire body with soap or the antibacterial cleanser. Lather well
- Wash off all the cleanser with water
- If your child has a tracheostomy, gastrostomy tube or central line, follow your doctor's instructions regarding bathing
- After the bath, dress your child in clean clothes
- Do not apply any lotion, ointment or deodorant before the procedure

PACK YOUR CHILD'S BAGS

If your child will be going home on the day of the procedure, bring items that will comfort him/her during the day, such as a favorite toy or blanket, or special nipples or pacifiers. You also may want to have a small bag with extra clothing, underwear and diapers. You will have to keep bags with you throughout the day, so pack accordingly or leave your bags in the car.

Remember to bring your health insurance information — policy identification card and, if required by your insurance company, referral forms and claim forms.

If your child will need to stay overnight in the hospital, we recommend you pack the following items:

- Extra pair of underwear/diapers
- A favorite toy/blanket
- Special cups, bottles, pacifiers
- Insurance information: policy identification card, referral forms and claim forms

For longer stays, your child's nurse can help you prepare for what to bring.

Adult visitors (18 and older) will be required to show a valid government ID and will receive a hospital-issued badge with a photo.

- All visitors must be healthy
- Healthy siblings of any age can visit during regular hours
- For patients in isolation, siblings must be at least 12 years old
- Children under 16, other than siblings, are not allowed to visit
- In the inpatient unit, up to four individuals (including parents/guardians) may be allowed at the bedside at one time
- In the intensive care and observation units, up to three individuals may be allowed



Day of...

ARRIVE ON TIME

You will need to arrive at the time the pre-screening nurse gave you. Please plan ahead, consider weather, traffic and parking. If you arrive late, your child's procedure may be delayed. If you are unable to keep your child's appointment, please call:

- **Main Hospital:** 312.227.0660
- **Northbrook:** 312.227.2782
- **Westchester:** 312.227.7895

GETTING HERE

Main Hospital garage parking

- Family and visitor parking is across the street from the hospital in Huron-Superior Parking Garage A at 222 E. Huron Street
 - Huron-Superior Parking Garage A has entrances on both Huron and Superior; however it is easiest to pick up your child from the Superior entrance
 - A pedestrian bridge connects the garage to the second floor of Lurie Children's. For wheelchair accessible van parking, please use the Huron entrance and visit the customer service office on the first floor, immediately to your right. If you use the Superior entrance, please take the northwest corner elevators to the ground level and walk east on Superior to the crosswalk
 - You may also park at the Erie-Ontario garage a few blocks away at 321 E. Erie
- **Parking cost:** \$11 for less than 7 hours and \$20 for more than 7 hours*
- **Validation:** You must validate your ticket at Lurie Children's. For both garages, validation is available at the second floor concierge desk (before or after visit)

Main Hospital valet parking

- Available for emergencies or for children with disabilities. Your car can be left with the valet at the Chicago Avenue driveway and your car can be retrieved by crossing the pedestrian bridge to the second floor of the parking garage
- Valet parking cost: \$15 for less than 7 hours and \$20 for 7–24 hours. Stays exceeding 24 hours will incur additional fees*

Main Hospital via public transportation

Chicago Transit Authority (CTA) trains:

- Red Line Chicago stop:
exit at Chicago and State
- Brown Line/Purple Line Chicago stop:
exit at Chicago and Franklin

For more information, visit
luriechildrens.org/locations

Chicago Transit Authority (CTA) buses:

- Chicago Ave. Route #66 connects to Red Line, Brown Line, Purple Line and Blue Line
- #3: King Drive (northbound and southbound)
- #10: Museum of Science and Industry (northbound)
- #26: South Shore Express (southbound)
- #66: Chicago Ave. (westbound and eastbound)
- #125: Water Tower Express (northbound)
- #157: Streeterville/Taylor (eastbound)

Northbrook and Westchester – You may park in the adjacent parking lot free of charge.



*Parking costs subject to increase in 2021

Day of... continued

ARRIVAL

- **Main Hospital:** Proceed to the second floor reception desk. A concierge will direct you to the appropriate floor for your child's procedure.
- **Northbrook and Westchester:** Check in at the front desk just inside the main doors. A nurse will come and get you from the waiting area.

PRE-PROCEDURE CARE

- Your child will be checked in and an ID bracelet will be put on your child.
- Your child will remove all of their clothing and put on a hospital gown.
- A nurse will perform a complete assessment, including checking your child's temperature, blood pressure, heart rate and breathing .
- A specially trained pediatric anesthesiologist will discuss with you the plan of care, which may include an oral or injected sedating premedication followed by anesthesia medicine that is inhaled or given intravenously (an IV) directly into your child's veins.
- Before the procedure, you will also meet with your surgeon/proceduralist and/or resident who will discuss and clarify with you the procedure. If the procedure involves right/left sidedness, or laterality, the surgeon/proceduralist will discuss this with you and mark the correct site.
- You may stay with your child until he/she goes into the operating room.
- During the procedure, your child may receive intravenous fluids directly into his/her veins. The IV will most often be placed in the operating room by the anesthesiologist after your child is asleep. The IV fluids not only provide hydration, but also allow medication for pain or nausea to be given if needed.
- At the Main Hospital, there is a bedside TV that is equipped with our GET WELL network. Here you can learn more about our area, the hospital and your child can watch a movie or play internet games for added stress relief. At Westchester and Northbrook, there are child-appropriate cable stations for your child to watch.
- If your primary language is a language other than English, please know that we offer interpreting services at no cost.

WHILE YOU'RE WAITING

During your child's procedure, you may wait in the waiting room. Your child's doctor or nurse will look for you there to discuss your child's procedure once it is complete. Please check in with our concierge in the waiting room; the concierge will issue you a pager and take your mobile phone number to ensure we can contact you. At the Main Hospital, there is an electronic track board in our waiting rooms which will display the phase of care your child is in. We make every attempt to keep you updated. The concierge is also there to answer any of your questions and assist you with concerns.

At the Main Hospital, a cafeteria is located on the 11th floor and a Potbelly's on the first floor. At Westchester, vending machines are available. At Northbrook, please ask a staff person about available options for snacks, water or coffee.

Post-procedure care

After the procedure is done, your child will stay in the operating room for 10 to 30 minutes while he/she wakes up from the anesthesia. After waking, your child will be taken to the recovery room. At this time, your child’s physical condition will be closely monitored by a nurse.

You will be called from the waiting room and informed when you are able to come visit your child in the recovery room. Remember, your child may be very irritable or disoriented due to the anesthesia. Do not be alarmed as this is a normal response. Only two adults — parents or primary caregivers — can be with the child in the recovery area. For the safety and privacy of all our patients, caregivers must stay at their own child’s bedside at all times. Please respect the privacy of other patients/families.

After your child is ready to leave the recovery room, your child will be moved to an extended recovery area or an inpatient bed. In the extended recovery area, your child will be cared for by a nurse and get ready to go home.

ANESTHESIA

After receiving anesthesia for a procedure, your infant (preterm or full term) may need to be observed at the hospital for a period of time to make sure they are breathing normally.

What to expect Be prepared to stay at the hospital overnight if needed (*please note — your other children will not be able to stay overnight at the hospital*). The length of stay will be based on your infant’s age and medical condition.

Why? Young infants may not yet be able to control their breathing patterns, and they are more likely to stop taking regular breaths (called apnea) after anesthesia. Apnea after anesthesia is usually temporary, and is reported to occur in about 6 percent of young infants (highest in preterm infants). Apnea can usually be taken care of with gentle stimulation (like nudging or changing position). Additional care, if needed, may include extra oxygen (help in breathing).

How long? The observation period is based on current recommendations by the American Academy of Pediatrics (listed in the table below). If your infant has apnea after the procedure, your infant’s doctor will extend the observation period as needed. If your infant’s procedure requires a hospital admission, the observation period will be part of the hospital stay.

Infant age*	Minimum Observation Period (without apnea)
Preterm infants less than 60 weeks corrected age	12 hours
Full term infants less than 4 weeks old	12 hours
Full term infants less than 6 months, but at least 4 weeks old	2 hours

* **Gestational Age:** Completed weeks of pregnancy
Corrected Age (for preterm infants only): [Gestational age] + [Age since birth]
Full Term Infant: At least 37 weeks gestational age at birth
Preterm Infant: Less than 37 weeks gestational age at birth
Example: 32 weeks at birth, born 6 weeks ago
 Gestational age: 32 weeks, preterm
 Chronological age: 6 weeks
 Corrected age: 38 weeks

Questions? A nurse will review details with you by phone in preparation for your infant’s procedure. Questions and concerns should be discussed with your infant’s doctors. Consultation with a Pediatric Anesthesiologist can be arranged by calling 312.227.5170.

PAIN RELIEF

Our philosophy at Lurie Children's is to make sure that all patients are given the best level of pain relief that can safely be provided. We will do everything we can to make your child as comfortable as possible. Medication and/or other pain management techniques will be used to keep pain away and stop pain before it gets worse. However, it is important for you to know your child may experience pain. The doctors and nurses caring for your child will help relieve that pain by prescribing a pain medicine or give advice on medications available at drug stores. Please ask if you need more information on keeping your child comfortable.

At Lurie Children's, for your convenience, prescriptions can be filled at the Walgreens Pharmacy located on the third floor of the Main Hospital and can be delivered to you in our extended recovery area before you go home. The Walgreens phone number is 312.573.2287 and pharmacy hours are 8 a.m. to 7 p.m., Monday through Friday. Most insurance plans are accepted. If you prefer to use an alternate pharmacy, the prescription can be faxed to the pharmacy of your choice.

Child life specialists are available in the hospital, in Northbrook and in Westchester to help your child cope with pain or to help you develop techniques with your child prior to a procedure to manage pain.

As the parent, you can best recognize when your child is in pain. We rely on you to help us know about your child's pain and how well we are treating it. Please call your doctor's office or the location of the procedure if you need assistance relieving your child's pain. If your child's pain is not improving or is getting worse, notify his/her physician as soon as possible.

EDUCATION

Your child's nurse will provide you with teaching materials relevant to your child and his/her procedure, such as:

- An overview of the procedure
- Normal and potential adverse reactions to anesthesia
- Instructions for feeding
- Special instructions on wound care and medications
- Walking with crutches/cast care
- Instructions for managing pain
- Follow-up care instructions

If needed, please ask your child's nurse for a letter to excuse your child from school or explain any physical restrictions for school or other activities.

It is important that you follow the instructions your doctor and nurse will provide about how to take care of your child at home.

Day after...

Follow the instructions provided to you by your doctor and nurse for feeding and follow-up care. A nurse will call your home the day after the procedure to ask how your child is feeling and to answer any questions.

If you think your child needs immediate attention or is having breathing problems, take your child to the nearest emergency room or call 911.

IF ANY OF THE FOLLOWING OCCUR AFTER DISCHARGE...

- Fever over 101.5° F (38.6° C)
- Vomiting that does not stop
- Bleeding that does not stop
- Pain that is not controlled by medication

...IMMEDIATELY

- Call the office of the physician or surgeon who performed the procedure
- If the office is closed, call Lurie Children's at 312.227.4000 and ask the operator to page your doctor's resident on call

If your surgeon or physician gave you instructions to follow up in their office, call and schedule your appointment with their office.



