

Your child needs surgery. You are anxious. But you are not alone. Madhukar Rainbow Children's Hospital welcomes you to the safe and comforting world of healthcare where you and your child will have high quality care and the best surgical outcomes. Every caregiver is focused on your child's safety and well-being. We will do whatever we can for you, and for your child. You can also help by taking an active role in your child's care. If you have any questions regarding your child's surgery or information covered in this guide, please speak up. We'll listen. This guide will help you understand more about your child's surgical experience. Hang on to it and read through it when you can. The information here can help you and your family have a better experience before, during and after your child's surgery.

Medical Director

### The day before surgery

- If your child is sick with an upper respiratory infection, ear infection, cold, cough, sore throat, fever or any other illness, please call / whatsapp your surgeon to report the illness.
- Make sure your child has had a thorough bath or shower in the morning of surgery. Clean skin, hair, fingers and nails will help prevent infection.
- The exact time of the surgery will be finalized the day before.
- It is advised for the parents to get their child Pre - Aesthetic Assessment before surgery. it is important to be done to check if the child is fit for anesthesia. Our Anesthetic team is available 24/7 in the Hospital. Ask Hep desk for guidance.

### Schedule a tour

Tours are available for children who are scheduled to undergo anesthesia or surgery. Children will have the opportunity to learn about the hospital experience, from admission to discharge. They can also meet the nurses who will care for them on the day of surgery.

### The day of surgery

#### At home

Dress your child in loose, comfortable clothing. Pack an extra set of clothes. Remove any body piercings or jewellery.

Bring your insurance/ TPA or medical card along with any ID proof of child as well as parents (voter ID/Driving licence/Aadhar Card).

- Please bring a copy of the all medical history, physical exam and investigations with you on the day of surgery.
- Bring a list of your child's medications, including vitamins and any over-the-counter medication.

- Children can also carry their books, video games or any other play games to keep them occupied.
- Bring bottles, sippy cups and diapers if needed.
- We recommend that siblings stay at home. You should plan to spend most of the day at the hospital.

### Where to park

- Complimentary Valet parking is available at the entrance

### Where do I check in with my child?

- Kindly Check in at the suggested time of arrival at the Admissions Office, which is located on the Ground floor.
- The suggested time of arrival is never the scheduled time of surgery and you may have been/will be informed about scheduled time of surgery, either before or after arrival.
- Be punctual, as delay in arrival can delay or cancel the surgery
- **Keep your TPA Card/ Approval copy (if pre approval letter already received) cash or credit/debit card handy.**

### Where will we go after admission?

- When your child's admission process is completed, you will be directed to go to the **third floor ward**
- Patient care require that we limit the number of persons in this area. Two parents/ adults are allowed with pediatric patients in the ward. Anyone else with you should remain on the ground floor waiting area.

### Instructions for Eating and Drinking Before Surgery

#### General Guidelines

Food Item's/ Fluids Consumption to be stopped prior to the time surgery is scheduled.	Clear Liquids (only water,apple juice, white grape juice )max 200 ml	Breast milk	Formula feeds	Light Meals include plain bread or rice, dry cereal, cooked vegetables or potatoes. does NOT include any fatty or fried foods	Solid Foods include items part of your regular diet, gum, candy, or mints. Includes any fatty or fried foods
Infants ( upto 12 months of age)	2 hours	4 hours	6h	Not applicable	Not applicable
Toddler(1 - 3 years of age)	2 hours	4 hours	6h	6 hours	8 hours
Children(3 -12 years)	2 hours	Not applicable	6h	6 hours	8 hours
Adolescents(>12 years)	2 hours	Not applicable	Not applicable	6 hours	8 hours

### Medications on the day of surgery

If your child has to take medication on the day of surgery (if recommended by surgeon or anaesthetist), please give it with a small sip of water or apple juice.

### Pre-operative assessment

When you are called to ward, you will be greeted by a nurse who will check your child's temperature, heart rate and blood pressure, and review questions about his/her health. Your child will be given a hospital gown and an ID bracelet to wear. You will be seen by a pediatrician/ surgeon/ anesthetist who will review the proposed surgical procedure(s).

To make sure that you understand the procedure, you will be asked to sign an informed consent on behalf of your child (if you haven't already signed earlier). An intravenous cannula will be required for surgery; in most cases we do it under sedation or during induction of anesthesia. So don't worry about it. Investigations, if required before surgery will be sent now.

While you are in the pre-op area, you may be asked the similar/same questions several times. Do not be alarmed – this is our way of ensuring patient safety.

### Shifting to the OT

We may ask you to arrive around an hour or two before your scheduled surgery to have the time to allow for pre-operative assessment and time to meet with your surgeon and anesthesiologist. We try to follow our surgical schedule as closely as possible; however, unexpected delays may occur. We appreciate your patience. Your child will be shifted to the first floor OT with a staff when they get a call from OT.

### Accompanying your child into the operating room

In order to reduce anxiety, we allow one parent or care giver into the pre operating room. Sometimes we also request the presence of the mother/father inside the theater for a few minutes till the child is sedated. This is to ensure that the child is comfortable and feels secure in parental presence. We also allow one toy/phone/ipad (we will disinfect them) inside the theater.

### Where will you wait during my child's surgery?

While your child is our responsibility during his/her surgery, we insist that you eat and drink during this time (cafeteria 4th floor). You would want to sit next to your child after the surgery for a couple of hours.

### After surgery

Your child will be brought to the Post-Anesthesia Care Unit (PACU, or recovery room) or shifted to PICU(It is also on the OT Floor) by the

Anesthesia team. You will be notified about it in time. We want that the child sees one parent in front of him/her when he/she opens eyes after the surgery. We allow only one parent with the child till the child is shifted to his/her room.

#### **In Recovery room**

- Your child will be given oxygen and will be monitored, as a routine.
- Your child may look pale or slightly swollen. This is normal and will go away.
- Your child may have slight pain or discomfort but we will take care of it.
- The child needs a quiet time during the recovery, we want safety for your child. We will work together to make your child go through this comfortably.

#### **Post-operative pain**

After surgery, pain relief will be provided in a variety of ways. Pain relief is a team approach in which you, the surgeon, the anesthesiologist and the nurses will decide what is best for your child.

#### **Shifting back to third floor ward**

Recovery time varies from patient to patient, depending on the type of procedure, the patient's condition, and the anesthesia that was used. Before leaving the PACU, your child will need to be awake, breathing normally, and feel comfortable.

#### **In ward**

The decision to provide food or withhold it, will depend upon the surgery done on your child. The ward nurse will have appropriate instructions given by the surgeon and anaesthetist. If orally allowed, you will be provided appropriate food for the child by the dietician. Otherwise IV drip will continue. The same will also be communicated to you.

#### **Discharge instructions**





Your child's discharge instructions will be given by a doctor and explained by a nurse before going home. Then you are directed to ground floor for settling the Bill, which will be explained to you thoroughly by billing executive. In case of TPA, approximately whole process of discharge takes 5-6 hours. On the way home, we recommend that an adult sit beside young children in the car. Position your infant/child with his/her chin off the chest. During the ride home, check your child frequently to make sure he/she is breathing without difficulty. When your child is sleeping, you should be able to awaken him/her easily. Older children can become nauseated in the car on the way home; keep a plastic bag just in case your child vomits.

Madhukar   
**Rainbow  
Children's  
Hospital**  
**Children First, Always**  
A Unit of Madhukar Multispecialty Hospital & Research Center

FC-29, Plot No.5, Geetanjali, Near Malviya Nagar Metro Station Gate No.1,  
New Delhi - 110017

**For Appointments**  
call toll-free: **1800 2122**

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## **ALL YOU NEED TO KNOW BEFORE YOUR CHILD'S SURGERY**



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