

Your child's surgery

Scottish Rite Hospital

Your child is going to have surgery or a procedure at Children's Scottish Rite Hospital. Here are some useful tips and reminders to help prepare you for your child's visit.

Before the surgery

- You must fill out a pre-anesthesia health form as soon as possible through MYchart or on choa.org/srsurgery. To sign up for MYchart, call **404-785-7844**.
- Most patients do not need to be seen before surgery. We will let you know if your child needs a pre-op visit with a member of the anesthesia team.
- A staff member will call or text you one day before the surgery to share your arrival time and eating and drinking instructions. It is important to arrive when instructed so we can properly prepare for the surgery.
- Remove any jewelry or accessories made of metal from your child's hair. All piercings, body jewelry, false eyelashes and acrylic nails will need to be removed.
- If your child wears contact lenses, please bring their glasses or contact solution, as their contacts will need to be removed before their surgery.
- Bathe your child the night before surgery with soap and water. Wash your child's hair with shampoo. Do not use baby oil, moisturizers or lotions.
- Dress your child in clean clothes. This helps lower the risk of your child getting an infection during the surgery or procedure.
- Wash any comfort items, such as a blanket or stuffed toy, that may be coming with your child to the hospital.
- Report any symptoms of sickness to the pre-surgery nurse.
- If you need to reschedule your procedure, call your child's surgeon

Helpful tips

- Answer your child's questions. Be honest.
- Listen to your child. They may be scared. Let your child know that the surgery is to help them, not punish them.
- Talk to the doctor about your concerns when your child is not there. Try to do this before the day of the surgery.
- Visit choa.org/surgery for more tips.

Anesthesia plan

- Anesthesia is medicine that helps part or all of the body go to sleep for surgery.
- An anesthesiologist is a doctor who gives the sleep medicine to your child.
- An anesthesiologist who is trained to treat children will talk to you about caring for your child before your child goes into the operating room.

Eating and drinking rules

- A staff member will call or text you the day before your child's surgery and tell you what your child can eat and drink before surgery. There is **no eating** the day of the surgery. Clear fluids like water, apple juice, Pedialyte or Gatorade can usually be given up to two hours before the surgery.
- If your child has thickeners added to their drinks, they should not be used six hours prior to surgery. You should still encourage your child to drink clear fluids up to two hours before surgery. If they cannot drink fluids without thickeners, please call 404-785-2380.
- Do not give anything by mouth to your child after the time you were given to stop eating and drinking, including gum, hard candy or a sip of clear fluids like water or apple juice.
- No one is allowed to eat or drink in the waiting or pre-op area, including visitors.

It is important to follow these rules. If you do not, it could put your child's health at risk. Your child's surgery may be moved to another day if you do not follow these rules.

Going to the hospital for surgery

- You may be asked to arrive at the hospital two to three hours before surgery. If you are late, your child's surgery may be delayed or cancelled.
- A legal guardian has to sign consent forms for both the doctor and hospital. Surgery cannot be performed if these are not signed.
- Bring your insurance card, a photo ID and any paperwork from your child's doctor.
- Bring a list of medicines your child is taking and the dosage, including over-the-counter medicine, supplements or herbs.
- Bring any special or important equipment, such as a ventilator, oxygen or crutches, and any charging devices for the equipment.
- Bring a special item to comfort your child, such as a favorite toy or blanket.
- Let your child make some choices about what to wear and what to bring (for example, a sippy cup or water bottle for after the surgery). This will help them feel in control.
- As a parent, it is important that you eat on the day of the surgery. This helps you be at your best for your child. Remember: Your child should not eat or drink. If possible, avoid eating in front of your child.

- Smile. Breathe. Your child will be more relaxed if you are calm.
- Child life specialists can help if you or your child are feeling anxious.
- Any female patient who has begun menstruation or is 12 years of age or older will need to provide a urine sample before surgery.
- **The number of visitors is limited to two caregivers in the surgery center. Siblings are not allowed in the facility on the day of surgery. Please arrange other care for siblings.**

During the surgery

Patients having surgery at Scottish Rite Hospitals will be taken into the operating room by a nurse. **Parents and guardians are NOT allowed to walk their child to the operating room at our hospital locations.**

One caregiver must remain at Scottish Rite during your child's surgery. This is for the safety of your child and helps your child's doctor find you if there are any questions.

Speak up

It is OK if you have questions or do not understand something about your child's surgery. We are here to help you. Do not be afraid to ask us questions or talk to us.

What to expect after surgery

- Nurses will check to make sure your child:
 - Is waking up. Your child might not be fully awake at time of discharge. This is normal.
 - Can drink and keep down liquids.
 - Is comfortable.
- If your child was given pain medicine, follow the pain medicine directions given to you by your child's surgeon.
- Have your child sip liquid or chew ice chips. They may feel sick to their stomach. This is normal.
- Your child may be grumpy or sad. This is also normal. Listen and tell them that you understand how they feel.

Going home

At the discretion of your child's care team, your child can go home when they are awake and comfortable and your questions have been answered. Once your child is at home, call your surgeon with any further questions. Refer to the phone number on your discharge instructions.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away

Important phone numbers

General Information

404-785-2555

Pre-anesthesia team

404-785-2380

Pre-Registration

404-785-3461 or 404-785-

3883

Billing and Insurance

404-785-5589

Pre-surgery nurse

404-785-4664



Directions

Scottish Rite Hospital
1001 Johnson Ferry Road NE
Atlanta, GA 30342

Upon entering the hospital parking lot elevators, Day Surgery is located on the 2nd floor.

Parking

- The hospital has a main parking deck and an additional parking deck for the Medical Office Building at Scottish Rite. You can access the hospital from both decks.
- Parking is free at Scottish Rite Hospital.
- Valet service is available Monday through Friday, 6 a.m. to 8 p.m., for \$7 at the hospital main entrance.
- For more parking information, visit choa.org/scottish-parking



404-785-2555



choa.org/surgery



Scan the QR code or visit
choa.org/scottishrite for
door-to-door directions.

Some physicians and affiliated healthcare professionals on the Children's Healthcare of Atlanta team are independent providers and are not our employees.