

What to Expect and What to Do on the Day of the Surgery or Procedure

Knowing ahead of time what to expect and what to do the day of the surgery or procedure can help you and your child feel more comfortable. Please read this document before the scheduled day.

Before arriving on the day of the surgery or procedure

Caregivers should eat on the day of the surgery or procedure. Since you are supporting your child, it's important that you have energy that day. You can eat in the hospital dining areas, but **please do not bring food into the Treatment Center.**

Patients can bring their favorite blanket, stuffed animal, mobile device, or any item that brings them comfort.



It is important to understand who can visit your child on the day of their surgery or procedure. Please review our visitor guidelines [here](#).

Arriving at the Hospital

Please arrive on time. Be sure to allow enough time for parking and checking in. PARC will let you know what time you need to arrive. If you are late, your child's surgery or procedure may need to be rescheduled.

Please follow these instructions when you arrive at the hospital:

- **Go to the main entrance of Lucile Packard Children's Hospital Stanford** at 725 Welch Road, Palo Alto, CA 94304.
- **At the traffic light on Welch Road, follow the sign for "Main Entrance."**
- **Park in the underground parking garage.** Be sure to bring your parking slip to the front desk in the lobby to validate it, so you don't have to pay for parking.
- **Enter the building and get a badge at the front desk.** Please have your insurance card and valid ID to get your visitor badge. Examples of valid IDs include a passport, driver's license, or California ID.
- **Go to the Treatment Center on Ground Floor, G22,** to check in for your child's surgery or procedure.

Once you arrive at the Treatment Center

After check-in, you will be asked to wait in a waiting room until your child's name is called. Then you and your child will be taken to an exam room, where a nurse will:

- Take your child's height and weight
- Measure their vital signs
- Review what medicine your child is currently taking.
- Ask about your child's health, like if they have been recently sick.
- Ask what allergies your child has.
- Ask when your child last ate or drank.

You will be asked to review the consent form. You can always ask any questions about the consent form and procedure.

For safety, you will be asked by several different staff members in the Treatment Center many times to tell us:

- Your name.
- Your child's name.
- The type of surgery or procedure being done.
- The last time your child ate or drank anything.

Sometimes, you may have to wait longer than expected. We will do everything we can to help make you and your child comfortable during this wait. Please be sure to talk to the Treatment Center staff if you need help with anything.

If you haven't already, we strongly encourage you to change your pharmacy to the hospital's pharmacy for the medicine your child will be given to take home. This will make sure that you have your child's medicines with you when you leave. Some medicines can be hard to fill at your local pharmacy. You can change back to your regular pharmacy at any time.

Important information to know about the surgery or procedure

Staying with your child: You can stay with your child in the pre-op exam room until the anesthesiologist brings your child to the procedure room. While they are waiting in the pre-op room, you can help them feel more comfortable by doing things with them like:

- Changing into their hospital gown.
- Picking a movie to watch.
- Working with a Child Life Specialist to prepare your child's anesthesia mask.
- Choosing an activity to do while they are getting their IV placed.

Relaxing medicine: Before the surgery or procedure, your child may be given medicine to help them relax.

Procedures at Stanford Children's Health

Important information to know about the surgery or procedure (continued)

Anesthesia and pain medicine: Before the surgery or procedure, you will meet with the anesthesiologist to talk about your child's anesthesia plan. To keep your child in an unconscious or sleep-like state during the surgery or procedure, they will be given anesthesia and pain medicine through a mask, an IV, or both. The anesthesiologist will stay with your child through the entire procedure.

IV: An IV is a small, flexible tube that we will place in your child's vein to deliver fluids and medicines. Some children may have their IV placed before their surgery or procedure and some children will have it placed during the surgery or procedure. We will talk with you about ways we can help your child with this IV placement if it happens before the surgery or procedure.

Monitors: Monitors will be placed on your child's body to read vital signs during the surgery or procedure. These vital signs include blood pressure, breathing, blood oxygen level, and heart rate.

Treatment Center Waiting Room

When your child goes into the procedure room, you will be taken to the Treatment Center Waiting Room.

Tracking your child's surgery or procedure: In the Treatment Center Waiting Room, you will be shown how to track your child's journey during the surgery or procedure. You will be told when your child's surgery or procedure should be completed. Staff and volunteers will also let you know how your child is doing at different points during the surgery or procedure.

Leaving the Treatment Center Waiting Room: You don't have to stay in the Treatment Center Waiting Room while your child is having their surgery or procedure. If you do leave, please remain close by. The staff in the Treatment Center will ask you for your phone number so they can give you any updates and tell you when your child's procedure is done. **Please plan to return to the Treatment Center at or before the time our staff said the surgery or procedure will be complete so you can meet with your child's surgeon.**

Other helpful information

Please feel free to ask questions: If you have questions or concerns about your child's diagnosis, procedure, or recovery at any time, please ask a member of their care team. You may hear some unfamiliar words during your child's surgery or procedure. Whenever you hear a word or phrase that you do not know, please ask any member of your child's care team what it means.

Child Life Specialists: Your child may also be seen by Child Life Specialists. A Child Life Specialist helps children understand and prepare for surgery, a procedure, and hospitalization. They also help patients feel more comfortable with their diagnosis and give them opportunities to play.