Care Gram

Preparing for Surgery

Children

Welcome

Thank you for choosing Licking Memorial Health Systems for your procedure. Please read the following information carefully.

Preadmission Testing (Before Surgery)

Depending on your medical history, you may need to schedule a Pre-admission Testing (PAT) appointment to help prepare for your procedure. PAT may include:

- A consultation with an anesthesia provider or nurse practitioner
- Lab tests
- EKG
- X-rays
- Other procedures ordered by your doctor

For scheduled procedures that involve Monitored Anesthesia Care or General Anesthesia, the PAT team will review your medical history and if needed:

- Contact you by phone to gather more medical information.
- A PAT registrar will call you to schedule an in-person appointment.

The Day Before Surgery

You will be contacted by a nurse on the day before your surgery to let you know what time your surgery is scheduled and what time to arrive. It is very important that we have a current telephone number. **Any child 17 years or younger must be accompanied by a parent or legal guardian.** Children having eye surgery will be notified of their surgery time by their surgeons.

The Evening Before Surgery

- Your child may not have any solid food after midnight on the night before surgery.
- Your child may have breast milk up to 4 hours before arriving to the Hospital for surgery.
- Your child may have infant formula up to 6 hours before arriving to the Hospital for surgery.
- Your child may have clear liquids such as water or apple juice up to 4:00 a.m., on the morning of surgery.
- Have your child take routine medicines only as directed by your child's doctor.
- Follow bathing instructions given to you by your surgeon.

Licking Memorial Health Systems

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The Morning of Surgery

On the day of surgery, a parent or legal guardian must accompany the child for surgery. Please bring all legal guardianship or custody papers, as applicable.

- Make sure your child does not eat or drink during the morning of surgery, including chewing gum or candy.
- If your adolescent is a smoker, have them refrain from smoking during the morning of surgery.
- Any medicine that you were instructed to give your child should only be taken with a sip of water.
- Make sure when your child is brushing his/her teeth that he/she does not accidentally drink any water.
- Remove all jewelry, body piercings, and nail polish.
  - All jewelry, including rings, necklaces, bracelets, earrings, and facial and body piercings should be left at home. Jewelry can increase the risk of surgical site infection and cause electrical burns due to some of the equipment used in surgery.
- Bring a favorite pacifier, toy, blanket, or other comfort object.
- Bring an empty bottle or sippy cup if your child has a favorite.

Where to Go on the Day of Surgery

Enter the Hospital through the John & Mary Alford Pavilion, which is located between the Emergency Department Entrance and the Main Entrance. Take the gold elevators to the Second Floor and check-in at the Surgery Department registration desk.

Pre-op Room

Your child will be prepared for surgery in the Pre-op Room. We will have your child change into a gown and ask you questions about their health. A staff member of the anesthesia team will come and speak to you. You also will see the surgeon and be able to ask questions at this time.

- Your child's vital signs (temperature, pulse, respirations, and blood pressure) will be taken and monitored.
- Your child's safety is very important to us. Only allow staff with an LMH photo ID badge to take your child from your arms, the chair, cart, bed, or room.
- Once your child has been taken to surgery, we ask that you not leave the waiting area. Your surgeon will speak to you as soon as the surgery is finished.

During Surgery

You, your family, and friends may wait in the lobby during your child's surgery. Our electronic board system will help you track your child's progress through surgery. Your surgeon will speak to you after your child's procedure is finished.

After Surgery

Our goal is to reunite you with your child as soon as possible. Your child will be taken to the recovery (phase 1) area. As soon as your child is awake and comfortable, we will bring you back to visit him/her.

1616-0560
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Discharge to Home

- A nurse will review home instructions with you and your child.
- Follow the surgeon's instructions about activity, medicine, and diet. If you receive any prescriptions for medicine, be sure to obtain such at your drugstore.
- Your child's balance and judgment may not be normal for 24 hours.
- A teenager should not drive, operate machinery, smoke, drink alcoholic beverages, make significant decisions, or sign important papers for 24 hours after surgery.
- A younger child should not climb or ride a bike for 24 hours after surgery. Quiet indoor activities are best.
- If you have any questions, call your child's doctor.
- On the ride home, it is recommended that a second adult sit in the back seat with children who ride in a car seat.

Call the Doctor if Your Child Has:

- Severe pain
- Problems resting
- Vomiting that does not stop
- Fainting spells
- Redness, bruising, or swelling of the surgery site
- Fever 101°F or higher
- Severe or continuous bleeding
- Trouble going to the bathroom (urinating)
- Pain, tenderness, swelling, redness, or warmth in the calf or leg
- Any other problems

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