Same Day Surgery

The Parents’ Handbook

SSM Cardinal Glennon
Children’s Medical Center

Main | 314-577-5600
Same Day Surgery | 314-268-4080
1465 S. Grand Blvd.
St. Louis, MO 63104
cardinalglennon.com
Welcome to Same Day Surgery at SSM Cardinal Glennon Children’s Medical Center.

Thank you for letting us take care of you and your child. We will make your child’s stay as pleasant as possible.

Your child should arrive at Same Day Surgery

at ___________,
(time)

on ____________________.
(day and date)

Our Promise to You

• We will make your visit as stress-free as possible by showing you and your child the same compassion, respect, and dignity that we show our own family members.

• We will keep you and your child informed throughout his or her surgery and the entire visit.

• We will give you knowledge and information about your child’s care, including further instructions for care at home.

• We will provide you and your child with exceptional patient care, while keeping your child safe in every way.

• We will live our mission and values.

Our Mission

Through our exceptional health care services, we reveal the healing presence of God.

Our Values

Excellence, Compassion, Respect, Community, Stewardship
Pre-Surgery Confirmation Call

A Same Day Surgery nurse will call prior to surgery to discuss your child’s medical history and current health status. They will also give you additional information about how to handle eating and drinking before surgery and any medications your child may be taking.

This is a good time to ask the nurse any questions you may have about your child’s surgery or care. Making sure your child receives exceptional care and has the most pleasant experience possible is our priority, so please don’t hesitate to ask.

If you do not receive a pre-surgery confirmation call within the week prior to your child’s surgery, please call Same Day Surgery at 314-268-4080.

Safety Information

For your child’s safety, it is necessary that you follow all instructions given by the nurse during any pre-surgery confirmation calls or visits. Among other specific instructions that may be discussed, please follow these guidelines so we can ensure the safety of your child.

- Do not let your child eat or drink anything after the appropriate stop time. It is helpful if you and your family do not eat or drink in front of your child prior to surgery.
- Do not give your child any products or medications containing Aspirin or Ibuprofen during the two weeks prior to surgery unless you have discussed it with your child’s surgeon. These medicines can cause excessive bleeding during and after surgery.
- Have your child bathed and her teeth brushed the night before surgery. Make sure fingernails are cleaned, trimmed and without polish. Having nail polish on can affect the accuracy of the monitoring instrument placed on her finger.
- If your child is ill before surgery, call Same Day Surgery at 314-268-4080 to speak with a nurse. Some illnesses and/or medications will affect surgical procedures.
Pre-Surgery Tours

Even the most minor surgery can frighten a child. To ease her fears, as well as your concerns, you and your child can participate in a pre-operation tour of the surgical area.

This is an opportunity for you and your child to ask questions about the day of surgery or surgical care at SSM Cardinal Glennon.

The tours are given by a member of the Surgical Services team and are scheduled on selected Mondays. You will be notified of the next tour by mail. If you have any questions about the tours, call 314-268-2704.

The Day of Surgery

The Main Entrance to the hospital is just west of Grand Boulevard on Park Avenue. Turn right into the parking lot and make a left to park in the visitor garage. There is no charge for parking. Please leave the nearest spots open for emergency parking. For additional driving directions, please visit our Web site: www.cardinalglennon.com.

Only two adults may accompany your child to Same Day Surgery; please make arrangements for other children or family members that day.

Your child’s nurse is your family’s advocate; let her know if you or your child need something or have questions throughout your stay. Exceptional, family-centered care is our priority.

What to Bring

Having familiar items from home can help comfort your child during the surgery process. We encourage you to bring in a favorite quiet toy, blanket, stuffed animal, or other item. If she is accustomed to a certain pacifier, bottle, or “sippy” cup, you may bring it for after surgery.
The pre-op rooms have VCRs, and the operating rooms have several screens to play DVDs. This helps your child relax and be more comfortable before and during surgery. If your child has a favorite DVD or VHS feel free to bring it in, as well.

Also, a pillow or blanket for the car may make the trip home more comfortable.

**Admitting/Registration**

Please bring your child to Admitting/Registration located on the Ground Floor, through the Main Lobby, in the Atrium, before coming to Same Day Surgery.

A legal guardian must accompany your child to Admitting/Registration. Please bring all the necessary identification cards, paperwork, and insurance cards.

You will be informed at your pre-surgery clinic appointment if your child’s surgery requires any additional forms like insurance pre-certification or history and physicals from your primary physician. If this is the case, please bring the completed form(s) with you the day of surgery.

**Before Surgery**

After Admitting/Registration, take the Main elevators to the second floor and go to the room straight across the hall from the elevators. Give your child’s paperwork to the secretary, and they’ll check your child’s height, weight, blood pressure and other vital signs.

In the pre-operation room, a nurse, anesthesia staff member, and surgeon will talk with you about your child’s surgery and care.

Anesthesia for children is safe and effective but occasionally has risks and can cause some side effects. A pediatric anesthesiologist is specifically trained to monitor and minimize these effects. If your child’s case presents special circumstances, the anesthesiologist will discuss them with you.

Most children don’t require them, but at this point, additional blood tests may be needed. Some children take medicine for relaxation or to reduce pain.

Next, your child will be taken to another pre-operation holding room near the operating rooms.

When your child is taken to the operating room, you will be directed to one of two waiting rooms.

**During Surgery/Family Waiting**

A scented mask is used to give the first levels of anesthesia to your child. In most instances, injections are not used until your child falls asleep.

Your child’s comfort and care are very important to us. Before, during, and after surgery, we constantly monitor your child’s comfort level and give him or her pain relievers when necessary.
If at any time you become concerned about your child, please call Same Day Surgery at extension 4080 and someone will call the operating room for an update on your child. You will also be provided with a beeper. This allows the Surgery staff to reach you should you be away from the waiting room.

Some doctors, for specific procedures, request that family members stay in the surgery waiting areas. If this is not the case you may visit the Café @ Glennon or the Cardinal Glennon Chapel; both are located on the 1st floor. Take the Main elevators to Floor 1 and follow the signs.

Restrooms are located in the Same Day Surgery area beyond the Main elevators on the right.

The Toy Box gift shop is located on the Ground Floor, off the Atrium.

**Recovery**

After surgery, the surgeon will talk with you about your child’s surgery and how she’s doing.

During initial recovery, your child will be taken to the Post Anesthesia Care Unit (PACU) or Recovery. Children recover from anesthesia at different rates, so there is no definite recovery time. Your child will be closely monitored as she wakes up from the anesthesia.

After Recovery, your child will be moved to a post-operation room in the Same Day Surgery area. Here, we’ll monitor her vital signs and perform assessments. You are welcome to sit with your child.

When your child is alert, he or she is allowed light liquids such as water, apple juice, or white soda, and light foods like popsicles, Jell-O, pudding, or ice cream. Most children need to be awake, alert, and drinking or eating light foods before being discharged.

**Discharge**

When your child is ready to go home, a nurse will review the discharge instructions with you and your child and answer any questions. It is very important to stick to the discharge instructions for home care.

In some cases, the doctor will order that a Same Day Surgery patient be admitted for an overnight stay. This depends on reaction to anesthesia and recovery progress. If your child is scheduled to be admitted, you will accompany her to an In-patient room.

If your child is prescribed any medication, you may pick it up in the Outpatient Pharmacy on the Ground Floor between the Main Lobby and Atrium. The Outpatient Pharmacy is open Monday-Friday, 8:30 a.m.-4:30 p.m.
If you prefer, your nurse can call the prescription to your regular pharmacy for you.

Only give your child medications as directed. Some pain medications slow down bowel function. It is important for your child to get plenty of fluids. An over-the-counter stool softener may alleviate some of the discomfort while on pain medication, but check with your doctor first about any medicines for your child.

Elevation and ice can also be effective pain relievers in certain instances, and your child’s nurse will include them in the discharge instructions for home care.

If at any time during the Same Day Surgery process you have a question, please don’t hesitate to ask.

Thank you for letting us care for your child. We hope we exceed your expectations.

Additional Information

Maps of the hospital are located at the Welcome Center directly inside the Main Entrance and in the Atrium.

For additional information on other services Cardinal Glennon offers, you may also consult the Welcome Desk, call the Cardinal Glennon main line at 314-577-5600, or visit the Web site at www.cardinalglennon.com.

Pastoral Care

Mass is held in the Cardinal Glennon Chapel Monday-Friday at 11:30 a.m. and on Sundays at 9 a.m. The Chapel is open 24 hours a day for individual prayer or reflection. All faiths are welcome. To request a visit with a Chaplain, you may call 314-268-2700 ext.1168 or ask the Welcome Desk for assistance. Pastoral Care is on the 1st floor, across from the Chapel.

The Interfaith Prayer Room is on the 2nd floor across from the Same Day Surgery waiting room and is reserved for quiet, private reflection.
Helpful Books
Reading books with your child before surgery may help ease some fears and answer some questions. Some helpful books include:

Pre-School (3-5 years)
- **Harry Goes to the Hospital: A Story for Children about What It’s Like to Be in a Hospital**
  Howard J. Bennett, 2008, Magination.
- **Paddington Bear Goes to the Hospital**
  Michael Bond and Karen Jankel, 2001
  Harper Collins.
- **Franklin Goes to the Hospital**
  Paulette Bourgeois, 2000, Scholastic.
- **Clifford Visits the Hospital**
  Norman Bridwell, 2000, Scholastic.
- **Maisy Goes to the Hospital**
  Lucy Cousins, 2007, Candlewick.
- **What’s Inside a Hospital?**
- **Good-Bye Tonsils!**
- **Kevin Goes to the Hospital**
  Liesbet Slegers, 2002, Kane/Miller.
- **A Trip to the Hospital**
- **Gespard in the Hospital**
  Anne Gutman, 2001, Knopf.

School Aged (5-12 years)
- **Hospitals**
  Elizabeth Encarnacion, 2007 QEB.
- **Working at a Hospital**
  Pam Rosenberg, 2009, Cherry Lake.

Adolescent (12 and up)
- **Everything You Need to Know about Staying in the Hospital**
  Patricia J. Murphy, 2001, Rosen.
- **The Teenage Hospital Experience: You Can Handle It!**

General
- **Things to Know Before You Go to the Hospital**
- **A Hospital Story: An Open Family Book for Parents and Children Together.**