

Getting Ready for My Surgery

For older children and teens

Eagle Ridge Hospital

This booklet belongs to:

When to check in at the hospital

Date:

Time:

My Surgery Time

Date:

Time:

The doctor doing my surgery (surgeon)

Office phone number

Call your surgeon's office right away if...

- You notice any of these within 72 hours (3 days) of your surgery:
 - a rash
 - a fever over 38°C (100°F)
 - a cough or wheezy breathing
 - feel sick or look unwell
 - throwing up (vomiting)
 - watery poop (diarrhea)
- You have been around or near someone within 72 hours (3 days) of your surgery who has a virus such as the measles, mumps, chicken pox, or COVID-19.

I can eat up until:

I can drink clear fluids up until:

**If you do not follow these instructions,
your surgery could be cancelled and rescheduled for another date**

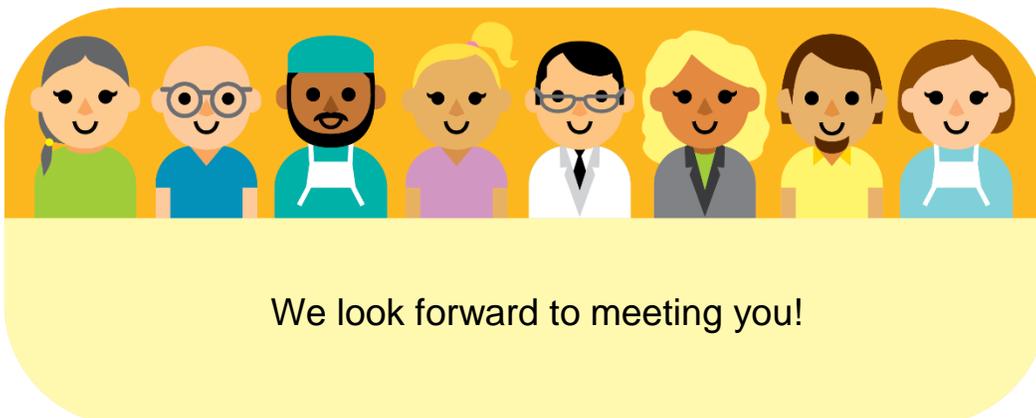
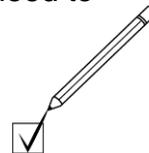


Sometimes we have to change when we do a person's surgery because of unexpected events and emergencies.

We review all options before deciding to delay any person's surgery. We let you know as soon as possible.

If we cancel your surgery, your surgeon's office will call to reschedule your surgery for another day.

Use the check boxes in this booklet to keep track of what you need to do and what you have done.



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Preparing Yourself

Having surgery can be scary. You might have questions about what you will see and hear. Some people worry about being in the hospital or about having pain. It is normal to wonder about these things.



Your parents / guardians and other people who care about you might be wondering some of the same things. It can often help to talk to someone you trust about your questions or concerns.

Write your questions down and bring them with you. It is okay to ask us about anything we are doing or saying.

Check out the video '[Teens and Surgery – What it's like to have surgery](https://youtu.be/FsVmfJW91I)' to learn more about what to expect (youtu.be/FsVmfJW91I or scan this QR code).



Planning ahead

- Talk to your teachers about any schoolwork you can do ahead of time or you can catch up on while you are recovering.
- Think about the kinds of food and drink you might want to have at home while you recover.
 - You might feel sick to your stomach. Have things that can help settle your stomach such as plain toast, rice, plain crackers, ginger ale, and congee.
 - You might have a sore throat. Have foods that are easy to swallow such as popsicles, soup, applesauce, yogurt, and pudding.
- It is best not to smoke or vape before or after surgery.
 - Smoking or vaping can slow down your recovery.
- After your surgery, plan for a quiet day or two at home with a parent, guardian, or trusted adult staying with you. They are there to look after you while you recover.



My Checklist for Getting Ready

- Ask the doctor doing your surgery (your surgeon):
 - what medicines and/or vitamins you should take up until your surgery
 - what medicines you might need to take after the surgery, like acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) so you can make sure you have some at home
 - if you will need any special equipment (like crutches) after the surgery, so you can arrange to get it ahead of time



- Arrange for a parent, guardian, or trusted adult to:
 - Drive you or travel with you in a taxi to and from the hospital. For your safety and comfort, try not use public transport.
 - Stay with you for the first 24 hour after surgery.



Check where to park at the hospital.
Pay for at least 4 hours of parking

- Stop** for the week before surgery any shaving, waxing, threading, or using any other method of removing hair from around where you are having surgery.



- If you are having surgery on a limb (an arm or leg), remove nail polish, gel or acrylic nails, nail add-ons, and false nails from that limb before the surgery.
- If you have piercings that need a special tool to take them out, arrange to have them removed (including piercings of the lip, tongue, and nose).
- If you and/or your parents / guardians don't speak or understand English well enough for medical conversations, we can arrange for a medical interpreter to be there the day of your surgery.
Let your surgeon's office know who will then let us know.

Nail polish, nail add-ons, and false nails are places where germs grow.

Your safety is important. Any metal on your skin can cause burns or injury during surgery.

- For 72 hours (3 days) before surgery, **it is best not drink any alcohol or use any drugs.**
Alcohol and drugs can change how the medicines we give work.



Cleaning My Skin

- Get what you need from the pharmacy to clean your skin before surgery.
(We tell you what you need.)
- Clean your skin as instructed. Wash your hair.
Make sure you remove all your jewellery and piercings
before cleaning your skin.



If you didn't get any special instructions:

Take a shower or bath with soap and water the night before your surgery.

Wash your hair as well.

- Do not** put any products on your skin (such as deodorant, lotion, make-up, nail polish, cologne/perfume, or powder).

Eating and drinking before surgery

- You can eat and drink as you normally would up until 6 hours before hospital check-in time. Nothing to eat after this time.
- You can drink only water and clear apple juice up until 1 hour before hospital check-in time.



After this, **do not drink anything.**

No chewing gum, mints, or candies.



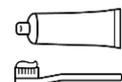
If you have diabetes, follow the instructions given to you.

The last time you drink any water or apple juice is **1 hour before** hospital check-in time.



Before coming to the hospital

- Brush your teeth, tongue, and roof of your mouth.



What to bring to the hospital

- Your BC Services Card / BC Care Card (personal health number)
- A list of all the medicines you take
- A favourite stuff toy, blanket, and/or book (something that gives you comfort)
- Loose comfortable clothes to wear home
- Non-slip shoes or slippers that are easy to put on
- Eye glasses and case
- Any health devices you use (such as hearing aid(s), limb braces, dental devices, feeding tubes)
- Walking aid(s) such as cane, walker, or wheelchair
- Your diabetes medicine and glucose monitor
- _____



If staying in the hospital:

- Pyjamas
- Toothbrush and toothpaste
- Any medicines you currently take
- _____

Note: On the day of your surgery, we give you a plastic bag with your name on it for your clothes and shoes. We give the bag to your parent or guardian.

Leave all valuables at home.

The hospital is a public building. Valuables can go missing.
We are not responsible for any lost or stolen items.

The Day of Your Surgery

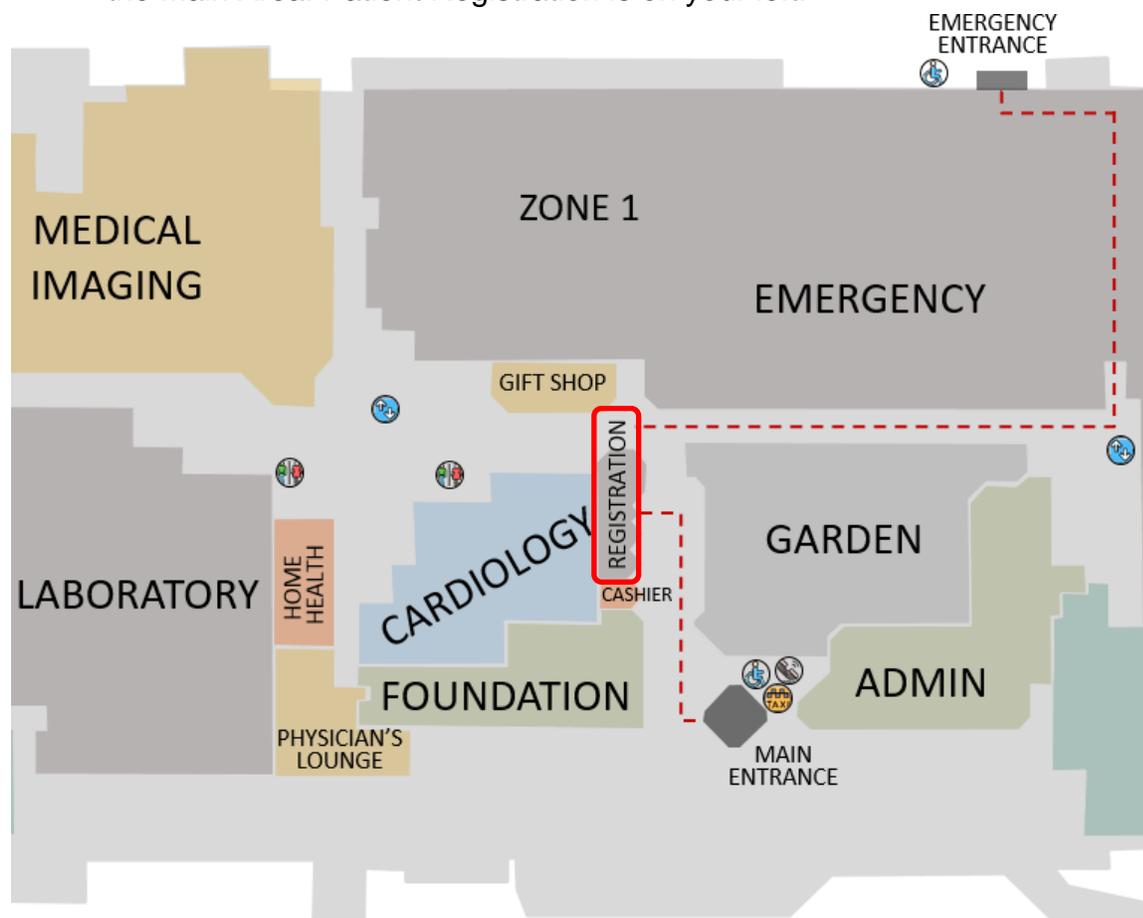
Where to go – Eagle Ridge Hospital

475 Guildford Way
Port Moody, B.C.

Report to **Main Patient Registration** at your hospital 'Check-in Time'.

Main Patient Registration is on the first floor of the hospital (Level 1).

- If you enter through the Main Entrance, walk straight through the Main Area to Patient Registration on your left.
- If you enter through the Emergency Entrance, turn left into the hallway. Go right down the hall. Turn right at the first turn and follow the hall straight to the Main Area. Patient Registration is on your left.



Level 1 Map

What to expect before surgery

- You are met by a nurse who:
 - Gives you a hospital gown to change into.
 - Checks your blood pressure, pulse, temperature, height, and weight.
 - Might start an intravenous, usually in one of your hands or arms.
- You meet the doctors and nurses who take part in your surgery. They ask you:
 - what medicines you might be taking
 - when you last ate food and last drank water or juice
 - what questions you might have



Intravenous

(say *in-truh-vee-nus*)

Also called an 'I.V.'

(say *eye-vee*)

It is a tiny soft tube placed inside your vein. We use this to give fluids and medicine during your surgery.

We can put numbing cream on the spot before so it doesn't hurt too much as we put it in.

This is your chance to ask any questions you might have about your surgery.

If you feel nervous, let us know. We can help you.

- The doctor doing the surgery (the surgeon) might mark your skin with a special pen. This tells everyone the part of your body we are doing the surgery.
- Usually, your parent or guardian can go with you into the Operating Room and stay until we are ready to start the surgery.
- **Once in the Operating Room**, you will hear us go through a **safety check**.
 - We will ask you to take part in this safety check by telling us your name and the kind of surgery we are doing. We do this to confirm we are doing the correct surgery on the correct person.
 - We will ask you to remove your glasses and other health devices – depending on the type of surgery.



Waiting Areas for your parents / guardians

- We let your parent or guardian know where they can wait while you are having your surgery.

After Surgery

Managing pain

- Most kids have some pain after surgery. While in the hospital, tell your nurse if you are having any pain. We want you to be comfortable.
- If you have any questions about the pain medicines, ask your nurse.



Feeling sick to your stomach

- Sometimes kids feel sick to their stomach or throw up after surgery. We can give you medicine to settle your stomach.



Drinking and eating

- It is best to start with ice chips, sips of water and/or juice, or popsicles.
- Some kids can have a small snack after surgery.



Going home

You are ready to go when:

- ✓ You can sit up and move around.
- ✓ Your pain is at a level that allows you to move about.
- ✓ Your stomach has settled so you don't feel really sick to your stomach.
- ✓ A responsible adult is available to:
 - Drive you home or travel with you in a taxi.
 - Stay with you for the next 24 hours.
- ✓ Your surgeon and nurse tell you it is okay for you to go home.

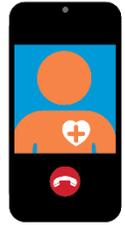


At Home

Please read the information we give you about your specific surgery.

Call your surgeon or family practitioner if:

- You have a fever over 38°C (100°F).
- Your incision is warm, red, swollen, or has blood or pus (yellow or green fluid) draining from it.
- You are having a hard time peeing or you have not gone pee within 8 hours after surgery.
- Your pain does not get less with pain medicine, or the pain stops you from moving and recovering.
- You are throwing up or not able to keep fluids down.



If you cannot contact your surgeon or family practitioner:

▶ Call Fraser Health Virtual Care, 10:00 a.m. to 10:00 p.m., daily, **1-800-314-0999**
fraserhealth.ca/virtualcare

▶ Call **8-1-1** (HealthLinkBC) to speak to a registered nurse any time - day or night.

Available in 130 languages.
 For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

About Eagle Ridge Hospital

Smoke-, Scent- and Latex-Free:



For the health and safety of everyone, we are smoke-, scent-, and latex-free. Smoking is not allowed within the hospital or on our surrounding property.

We ask that you and your visitor not wear or use any scented products (such as perfumes, aftershaves, or colognes).

Please do not bring in any heavily scented flowers like lilies or lilacs. Only Mylar balloons are allowed. No latex balloons or other latex products.

Security:



Everyone who works or volunteers in the hospital wears identification with their photo, name, and title.

The hospital has 24-hour security. Uniformed guards routinely patrol the building and surrounding property.

Cafeteria:



Located in the basement of the hospital. They offer a variety of meals, snacks, and drinks. Hours of operation are Monday to Friday from 8:00 a.m. to 6:00 p.m. (closed weekends and holidays). Vending machines are also available 24 hours a day, 7 days a week in the cafeteria entrance.

Gift Shop:



Located on the main level of the hospital.

Parking and Transit:



Pay parking is available at the front and back of the hospital. Imperial Parking monitors the parking. The surrounding neighborhood has strict parking restrictions. There are bus stops outside the hospital. The Inlet Centre SkyTrain Station of the Evergreen Line is nearby.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies: patienteduc.fraserhealth.ca

