

## Medication

Make sure to discuss all prescription, over the counter medications and any natural health products (vitamins, supplements etc.) with your child's doctor and surgeon.

Some medications need to be stopped a few weeks before and after surgery because they can interfere with medication prescribed for surgery.

## Taking care of yourself

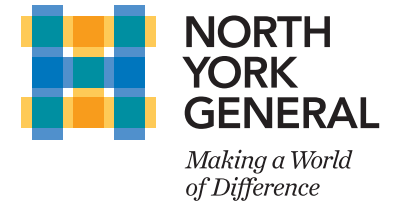
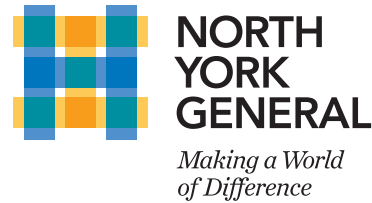
**HELPING YOUR CHILD THROUGH SURGERY CAN BE STRESSFUL. SOME STRESS CAN BE ALLEVIATED BY PREPARING YOURSELF FOR THE DAY OF SURGERY BY:**

- Arranging for child care of your other children at home.
- Having your school aged children picked up from school by a friend or relative.
- Making sure to eat breakfast.
- Bringing something to do or a book to read while you wait for your child's surgery to be done.

Please do not eat or drink in both the child and adult waiting rooms out of respect for our patients who cannot eat the day of their surgery

## Extended family and friends

We kindly ask that only the child's immediate caregivers (parents and legal guardians) visit before, during and immediately after surgery because space is limited in our waiting areas.



### PARKING AND PUBLIC TRANSPORTATION

Visitor and patient parking is available at the General site near the main or south entrance. Hourly and daily rates are available and posted on our website.

The hospital is located just south of Leslie Station on the Sheppard subway line. The 51 Leslie bus and 85 Sheppard bus also make stops at the hospital.

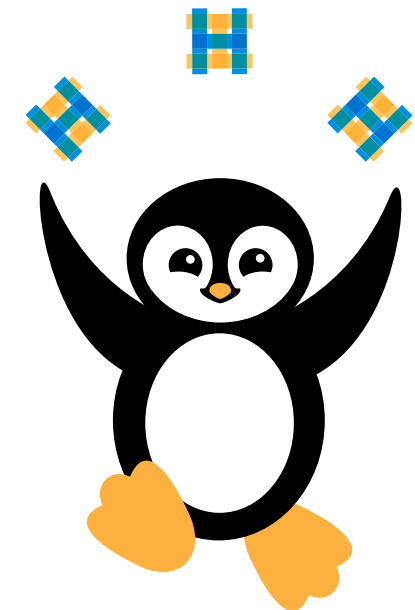
On arrival please go to Patient Registration on the ground floor located opposite the Gift Shop.

You will then be directed to the first floor to report to the Day Surgery front desk.

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4001 Leslie Street  
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T 416.756.6000  
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[nygh.on.ca](http://nygh.on.ca)

## Preparing your child for surgery



## Talking to your child about surgery

It is important to prepare your child for all parts of their surgery, including the use of anaesthesia. Knowing what to expect on the day of surgery will help your child or teen cope.

## Infants and toddlers (less than 3yrs of age)

Wait until a day or two before the surgery date to talk to your toddler. They are not able to understand the concept of time and may begin to worry if told too soon.

Your infant/toddler may become fussy when waiting for their surgery. Provide comfort and support to your child, while remaining calm. This will help your child stay calm.

It is important to bring familiar items from home such as a blanket or toy.

## Preschool children (3-6 years)

Preschool children may not fully understand why surgery is needed.

### YOU CAN HELP YOUR CHILD BY:

- Talking about the surgery 2-3 days before, using a calm and relaxed voice.
- Explaining that the hospital is a safe place and the nurses and doctors are there to help.
- Using play to help your child understand the surgery (toy medical kits or books).
- Avoiding bribes or negative feedback.

## School aged children (6-12 years)

School aged children have a basic understanding of how their bodies work. Start preparing your child a week or more ahead of time. They need time to ask questions and talk about their feelings.

### YOU CAN HELP YOUR CHILD BY:

- Encouraging your child to ask questions and express feelings.
- Avoiding bribes or negative feedback.

## Teens (12-18 years)

Teens are more independent and may ask for detailed explanations. They are often worried about privacy.

### YOU CAN HELP YOUR CHILD BY:

- Being honest. Teens have a right to know about everything that will happen.
- Encouraging your teen to ask you and hospital staff questions.
- Giving them time and space to speak to the doctor or nurse alone.
- Reminding your teen that feeling angry or worried is normal.

## Toys and other distractions

Familiar objects will help your child feel more comfortable. A toy, pillow, or blanket can be taken with them into surgery and the recovery room.

Grace's Place Paediatric Surgery Waiting Room has a television and a limited number of video game consoles. You are welcome to bring iPods or other hand-held gaming devices for your child to use while waiting for surgery.

## Children with special needs

On arrival let the nurses know how your child may react during their stay at the hospital so the staff and physicians can provide the best care for your child.

If your child wears hearing aids or glasses, etc., these can stay with your child and go into the operating room. These items will be returned soon after the operation.

## Fever

If your child has a new fever on the day of surgery, there is a possibility that your child's procedure will be canceled.

This decision is made by both the anesthesiologist and surgeon based on your child's condition.

A fever is considered to be a temperature greater than 37.5°C

## Eating before surgery

### FOLLOW THESE RULES FOR FEEDING YOUR CHILD BEFORE THEY COME FOR SURGERY:

- Plain water and clear fluids\* are allowed up to 2 hours before leaving home.
- Breast milk is allowed up to 4 hours before leaving home.
- Formula or cow's milk is allowed up to 6 hours before leaving home.
- Solid food may be given up to 8 hours before leaving home.

\*Examples of clear fluids include water, apple juice, Pedialyte®, and Gatorade®.