



## Fort HealthCare Pediatric Surgery

Fort HealthCare is committed to providing Family-Centered Care to all of our pediatric patients and their families. We appreciate families as families, and kids as kids! We understand that the child's family is the constant in their life, and do our best to meet the needs of the child and family during all levels of care in the hospital and community. We respect that the family is an advocate for their child's care, and that the child's voice is important. Every child and family is unique and we are dedicated to meeting these distinctive needs as they come up.

If your child is coming to Fort HealthCare for surgery, we know this can be an overwhelming experience. We would like to make this process as pleasant as possible for your child and your family. We will do everything we can to make your child comfortable and keep the experience as pain free as we can. We even have toys and videos available to help keep them occupied during any waiting time. Your child is also welcome to bring a favorite soft toy or blanket with them to the hospital, and they can bring this item to surgery with them. **Since your child is under age 18, a parent or legal guardian must accompany your child to the hospital to sign the surgery consent form, and the parent or guardian must remain in the hospital while your child is here for their procedure.**

We want you to know that once your child does go back to the sterile surgery area, our staff will never leave your child's side. Your child's safety is our top priority.

Before coming to the hospital, you can help prepare your child for this event. You can even watch the Pediatric Surgery video on our website at [www.forthhealthcare.com/pediatricsurgery](http://www.forthhealthcare.com/pediatricsurgery) to take a tour of what everything will look like.

After surgery, many children do experience some pain. We will do everything we can to keep them as comfortable as possible, and as a parent or guardian, your role in this is very important as well. Some tips we have for supporting your child in pain are:

- ✓ YOU know your child better than anyone. Tell us how he/she will likely act when in pain. Help us to understand them, to know what to expect, and how best to help you both.
- ✓ DON'T ever lie about pain to your child. Do not tell them that "this won't hurt" if you think there is a possibility that it might. The surprise of pain upsets children the most.
- ✓ Describe the upcoming procedure, surgery, etc. to your child in your own words after the doctor or nurse explains it to you. When you tell your child what will happen, it won't sound as scary.
- ✓



- ✓ DON'T ever threaten your child with a needle in order to gain their cooperation. DON'T tell them you'll leave, unless they act better. This will only scare them and make it more difficult for everyone.
- ✓ If YOU feel very anxious about being present when your child experiences pain, tell the doctor or nurse BEFORE that pain begins. Then we can help you tell your child what will happen, and how we can stay and help support them.
- ✓ Talk to your child about relaxing and how the relaxation can decrease their feelings of being scared. Tell him/her to pay close attention to what you and the staff members are saying and doing so you can work together to stay in control and help keep the pain as low as possible.
- ✓ You can help your child to relax before, and be distracted during, a painful experience using the same type of soothing things you do at home. Your being there is very important to your child. To help relax your child, use soothing words and touch. Rhythmic stroking of the child's hair, arm, etc. is often very relaxing. You can sing a favorite song softly and rock back and forth. You can talk about your child's favorite thing to do, place to go, people he knows- get and keep their attention.
- ✓ Talk to your child often about how well they are doing telling you about their pain, and working with you, the doctors and nurses, to keep their pain low. Tell him how glad you are that you're with him. Pat yourself on the back-being a parent and supporting one's child experiencing pain is HARD work- you deserve it!

When your child is discharged, we will send you home with instructions telling you exactly how to care for your child. **REMEMBER: It is state law that your child be in a restraint/seatbelt while in the car. Please ensure they are properly restrained on your way home.**

If you or your child has any questions at any time, please do not hesitate to ask! We are here to assist you. If you have any questions ahead of time, please call the Fort HealthCare Ambulatory Care Department at 920-568-5080 during regular business hours, or the main hospital number at (920)568-5000 and ask for the House Supervisor.