

# Montreal Children's Hospital **Surgery Preparation Book**



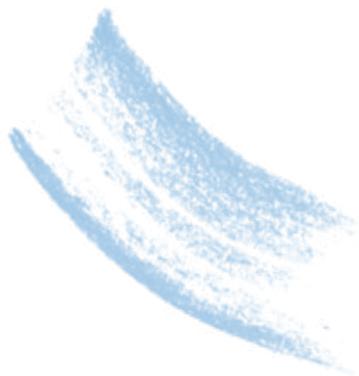
Hôpital de Montréal  
pour enfants

Centre universitaire  
de santé McGill



Montreal Children's  
Hospital

McGill University  
Health Centre





# Ready, Set, Surgery: A guide to your surgical journey



This book belongs to:

Two horizontal lines for writing a name.

# Welcome to the Montreal Children's Hospital!

This book was created to help prepare you and your family for your upcoming surgery at the Montreal Children's Hospital. It will help you and your family understand what to expect before, during, and after surgery and give you the opportunity to share any thoughts, feelings or worries you may have. This book can also be used as a journal to document your experience, so we encourage you to bring it on the day of your surgery too!

## Important

While we aim to provide helpful and accurate information, every child's experience is unique. This book is not meant to replace the advice or instructions given by your healthcare team, nor is it a substitute for medical care. If you have any specific questions or concerns, please speak with your child's healthcare provider.

*Let's get started!*

# Acknowledgement

We express our sincere gratitude to the Mirella & Lino Saputo Foundation for its generous support in the creation of this book.

We are deeply grateful for this valued partnership and for their contribution to our shared mission of providing essential resources in pediatric care.



This book was created in collaboration with Child Life Services at the Montreal Children's Hospital.





I am having surgery on this day:

Date

My doctor/surgeon's name is:



This surgery will help me with:



One thing that I would like my medical team to know:

# Feelings check-in

This chart is a way to check in with your feelings. You can point to, circle, or color the face that shows how you feel right now. Remember, there are no right or wrong feelings, and they can change throughout the day.

*I am feeling...*



Happy



Scared



Ready



Sad



Angry



Nervous



Frustrated



Tired



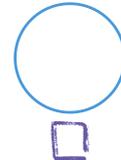
Calm



Confused



Proud



The feeling is...



Tiny



So-So



Huge

# Preparing for surgery

*Hi, my name is Charlie!*

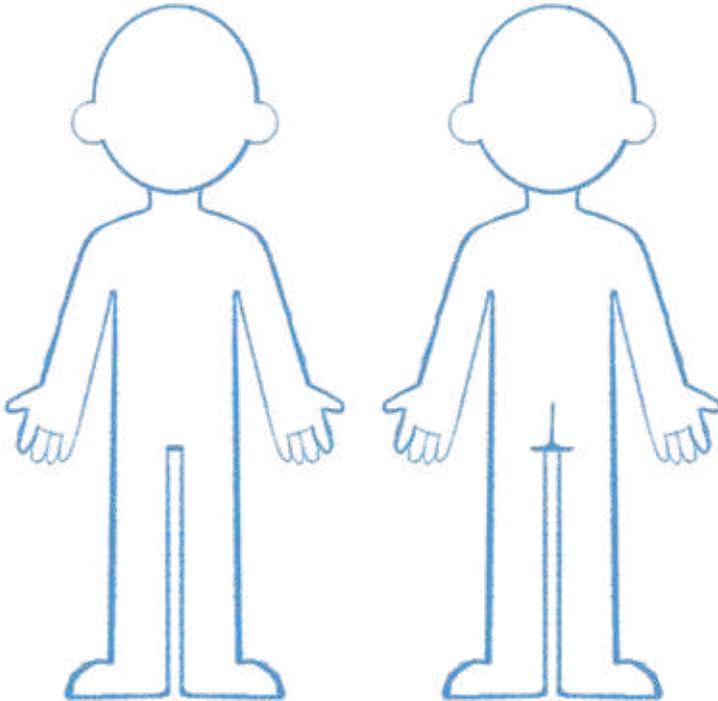
The doctor told me I needed to have surgery to help my ears, nose, and throat.



Surgery can help your body feel better.

# Where are you having surgery?

Circle where you will have surgery.

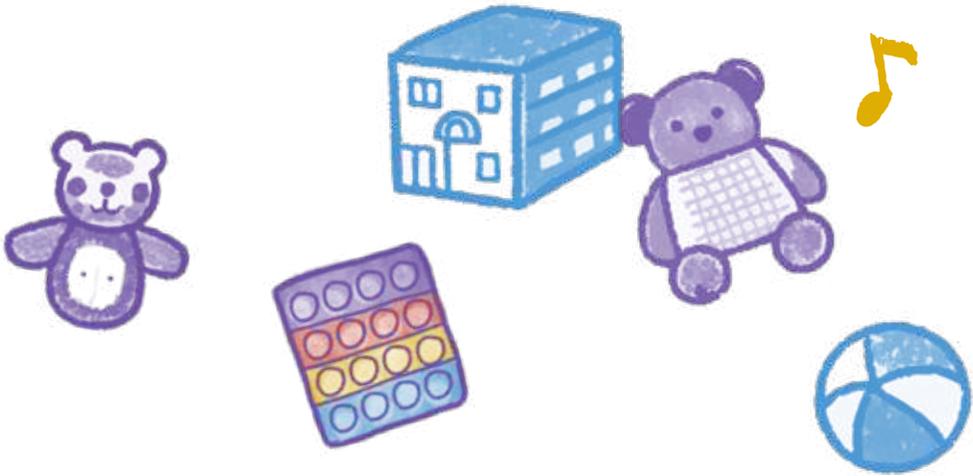


# Preparing for surgery

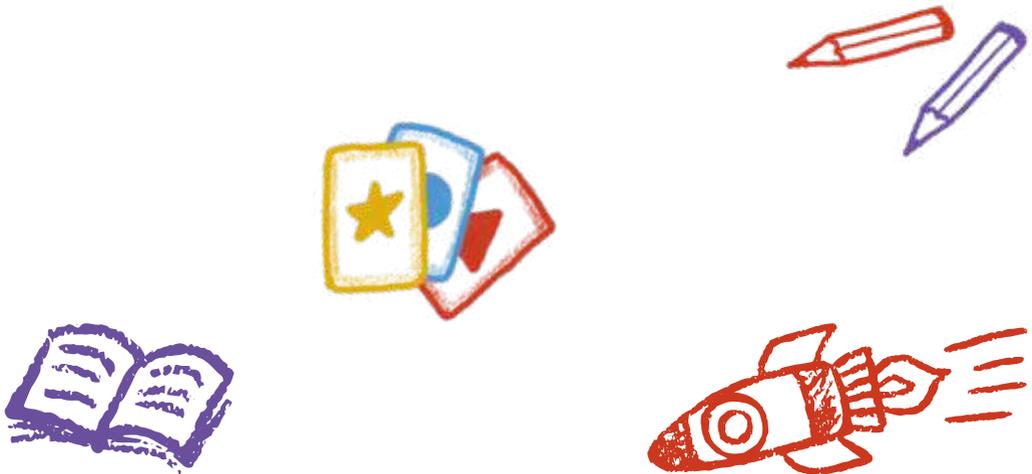
Before going to the hospital, I packed a few of my favorite things to bring with me.

I brought along my teddy bear, who stayed with me throughout my whole adventure at the hospital.





Draw or circle the items you will bring with you.

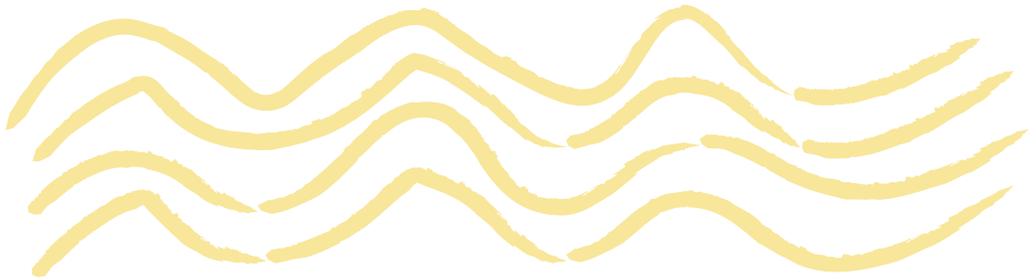


## The day of your surgery

Before my surgery, I will get special instructions about when I can eat or drink.

On the morning of my surgery, I will not be able to eat any food because I will get a special medicine called anesthesia.

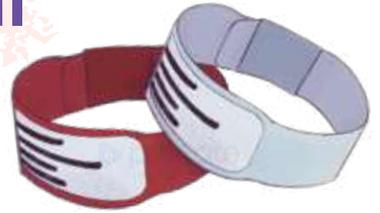
Anesthesia works best when my tummy is empty.



# Arriving at the hospital

When we will arrive at the hospital, a nurse will give me:

- A hospital bracelet
- A red bracelet if I have an allergy
- A hospital gown



I will get on the scale to check my weight, and my height.



# In the waiting room

We will wait in the waiting room until it is my turn.

There will be other people who are waiting for other types of surgeries too.







## Meeting your care team

I will meet many people who are there to take care of me. They will be wearing special gloves, a mask and a hat. This helps keep things very clean. Remember, behind every mask is a big smile.





Next, I will meet:

- A nurse from the operating room
- An anesthesiologist who will help me get a special sleep, so I don't feel anything during the surgery. They will listen to my heartbeat, my lungs, and ask me to open my mouth, stick out my tongue, and show my teeth.
- The surgeon, the doctor who will do the operation.

**Together we make a super team!**

# Before going into surgery

Sometimes, we need to drink a special syrup that helps our body feel better after the surgery.



The doctor might also give me a medicine to help me feel more relaxed before the surgery.



For some surgeries, the surgeon will use a marker to mark the area of your body where they will do the surgery.



## In the operating room

In the operating room, the nurse will help me get comfortable on the bed and give me a warm blanket. The room will have special lights and machines that make little beeping sounds. The team will help me feel calm and safe.



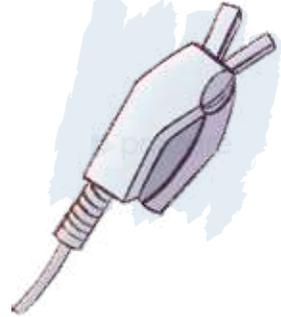
I will have:



Small stickers on my chest to measure my heartbeat during the surgery.



A band (cuff) around my arm to measure my blood pressure during the surgery. It gives your arm a big hug.



A soft clip on my finger, called an oximeter which measures your oxygen levels.

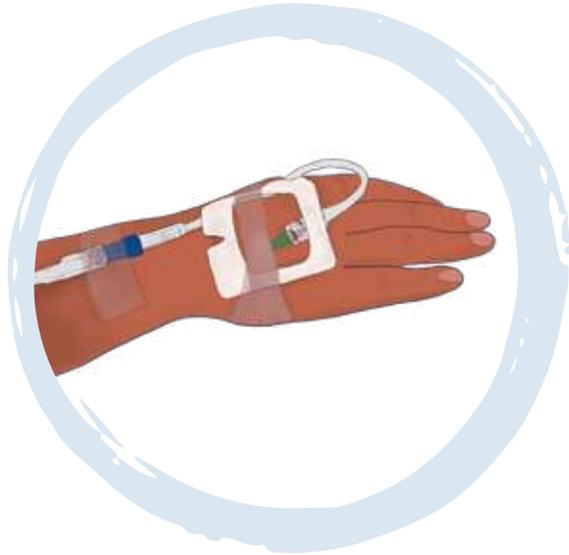
None of these hurt me. These tools help my super team care of me!

## In the operating room



The anesthesia mask is soft and comfortable, and it will help me breathe a special air which will make me fall asleep.

Remember, sleeping with anesthesia is different from sleeping at bedtime. With anesthesia, I won't feel or hear anything until the surgery is done.



In some cases, they will use a small tube, like a straw, to give me the special sleep medicine. This is called an intravenous, or IV.

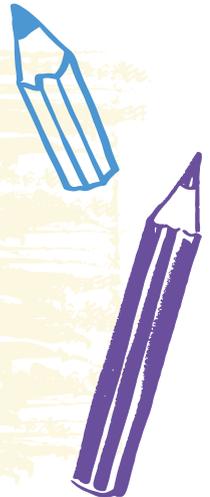
## After surgery, in the recovery room

After the surgery, when I open my eyes, I will feel a little sleepy. This is normal.

With the help of the IV, I will get medicine to help me feel better.

I might have a bandage or a cast on the part of my body where I had surgery.

**Use this space to draw your cast or your bandage:**





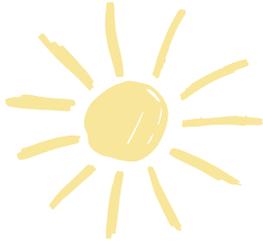
Your surgery is over now. Would you like a popsicle, apple juice or water?





## Leaving the hospital

When the team decides that I can leave, the nurse will remove the IV. I will get dressed to go home.





## Will you stay at the hospital?

Some patients need to stay at the hospital a little longer, depending on the type of surgery they get. If that happens, our super team will continue to take care of you. We will do our best to keep you comfortable until you are ready to go home.



I had to stay  
one night in the  
hospital, how long  
did you stay?

I stayed at the hospital for \_\_\_\_ days.

My thoughts, feelings, concerns:

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The best part about being in the hospital was:

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The worst part about being in the hospital was:

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My questions:

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Talking about how you feel to those who are taking care of you is very helpful. This helps them know how to help you feel better! You can also try some of these calming strategies:

- Take some deep breaths
- Think of your favorite place to be. Imagine that you are there. What do you see? What do you feel? What do you hear? What do you taste?
- Hold someone's hand
- Watch something on a phone or tablet, or listen to music

**When you are nervous, or sad, what helps you feel better?**

# My Courage Cape

Design your own superhero cape.



# iSpy

How many of each item can you find?

Can you describe what they each do?



# Word Search

B	R	I	C	H	I	L	D	L	I	F	E	I	E	R
E	S	O	E	T	H	E	R	A	P	I	S	T	R	A
R	Y	U	D	E	N	I	N	M	S	Y	U	N	E	Y
C	R	S	B	A	B	C	D	E	U	B	I	O	S	W
E	I	T	R	I	R	T	C	D	R	R	M	R	P	O
S	N	M	E	S	D	E	S	I	G	A	T	E	I	T
T	G	A	A	E	R	O	F	C	E	V	O	C	R	B
D	E	S	T	H	O	H	J	I	R	E	A	O	A	A
S	S	K	H	T	N	E	R	N	Y	N	E	V	T	J
O	A	P	E	S	V	U	E	E	A	T	E	E	O	F
S	U	O	N	E	V	A	R	T	N	I	P	R	R	G
Y	U	A	S	N	V	L	I	S	U	E	E	Y	Y	E
R	B	D	E	A	B	H	N	O	E	G	R	U	S	L
L	S	T	U	T	O	S	E	D	N	P	R	S	E	I
Q	T	Z	L	U	X	Y	S	U	R	G	E	O	N	A

RESPIRATORY  
THERAPIST  
INTRAVENOUS  
MEDICINE

MASK  
ANESTHESIA  
RECOVERY  
NURSE  
BREATHE

CHILD LIFE  
SURGERY  
BRAVE  
SYRINGE  
SURGEON



# Answer Key

B	R	I	C	H	I	L	D	L	I	F	E	I	E	R
E	S	O	E	T	H	E	R	A	P	I	S	T	R	A
R	Y	U	D	E	N	I	N	M	S	Y	U	N	E	Y
C	R	S	B	A	B	C	D	E	U	B	I	O	S	W
E	I	T	R	I	R	T	C	D	R	R	M	R	P	O
S	N	M	E	S	D	E	S	I	G	A	T	E	I	T
T	G	A	A	E	R	O	F	C	E	V	O	C	R	B
D	E	S	T	H	O	H	J	I	R	E	A	O	A	A
S	S	K	H	T	N	E	R	N	Y	N	E	V	T	J
O	A	P	E	S	V	U	E	E	A	T	E	E	O	F
S	U	O	N	E	V	A	R	T	N	I	P	R	R	G
Y	U	A	S	N	V	L	I	S	U	E	E	Y	Y	E
R	B	D	E	A	B	H	N	O	E	G	R	U	S	L
L	S	T	U	T	O	S	E	D	N	P	R	S	E	I
Q	T	Z	L	U	X	Y	S	U	R	G	E	O	N	A



*Thank you*

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