

## PREPARING FOR SURGERY: CHECKLIST FOR PARENTS

Things You **MUST** do, bring, or know:

### **Do:**

- Call South Surgery Anesthesia at 638-4768 if I have not heard from someone by **12:00 noon the day before the surgery** about the arrival time and the time my child should stop eating or drinking?
- Does my child have a cold or fever? If so, call the surgeon's office, the surgery might have to be rescheduled.
- If required, make sure I have received authorization from my insurance company for the operation?
- Remove all makeup, nail polish, artificial nails, piercings of any kind (ears, nose, lips, tongues, naval, etc), or metal hair accessories from my child.
- Make transportation arrangements for the caregiver and patient for the trip return home.

### **Bring:**

- My child's insurance card/Medicaid and any **co-pays** my insurance requires (please check with your insurance provider for this amount). Medicaid must be currently active.
- Government issued photo ID card (Ex: driver's license, passport, military ID).
- **Proof of legal guardianship (foster parent papers, court orders, etc.) if I am not the parent of the patient. If the child is in DHR custody, please bring your caseworker or their contact information.**
  - **A patient must be 19 years of age, or an emancipated minor, to consent for their own surgical procedure at Children's of Alabama.**

### **Know:**

- My child should not shave more than 24 hours before surgery
- I need to know which facility I am supposed to go to (Lowder, Benjamin Russell, or **Children's South**). At Children's South Surgery, we have free parking in the lot in front of the building and underneath the building in a garage.
- If my child gets **sick or wheezes within 7 days of the procedure**, call the surgeon's office. The procedure may need to be rescheduled. If my child gets sick and it's **after 2 pm on the day before the surgery**, I will need to call South Surgery main number at 638-4764. If no one answers, please leave a message. Don't forget to notify your child's surgeon as well.

## Things You SHOULD do, bring, or know:

### Do:

- The night before or morning of the surgery, I should give my child a bath with anti-bacterial soap and use the CHG wipes given to me by my surgeons (please follow the printed instructions given to you by your surgeon's office).
- Arrange for someone to take care of my other children (including picking them up from school/daycare & extracurricular activities).

### Bring:

- My child's medications or a list of all of the medicines my child is taking.
- For female patients, urine (or blood) pregnancy testing may be done on arrival starting at 12 years old or younger if the patient has started their cycle.

## Things I Should NOT do or bring:

- Eat or drink in the waiting area or in front of my child at any time before they have gone to surgery.
- Leave the room without checking with the nurse and giving them the cell number where I can be reached.
- Bring other children or siblings or more than two (2) adults.

**Per One Day Surgery policy, only two visitors are allowed with the patient in the room at a time.**

## Things that are good to do, bring, or know:

- My child's comfort items (pacifier, blanket, pillow, favorite toy, book, iPod or other hand held devices).
- Something for me to do while my child is in surgery (like crossword puzzles, a book to read). Free Wi-Fi is available for our guests.
- Money or change for the vending machines.
- Chargers and adapters for my cell phones and computers.
- A small trash can and towels in my car. Some anesthesia medicines may cause my child to get car sick on the way home.
- Have clear liquids to give to my child when we get home (for example: water, popsicles, Gatorade, Jell-O, apple juice).
- Have enough Ibuprofen and/or Acetaminophen at home, if needed.
- Ask my surgeon about any medical equipment I may need after the surgery.

**No pharmacy available on site so it is best to plan in advance for picking up any prescriptions after discharge.**