

Little
THE VICTOR'S PLAYBOOK
A SURGERY STORY AT BRIGHTON



C.S. MOTT
CHILDREN'S HOSPITAL
UNIVERSITY OF MICHIGAN HEALTH

Dear Families,

Welcome! The staff at the Michigan Medicine Brighton Center for Specialty Care believe that every child's experience matters.

We have created this book to help you prepare your Little Victor for their experience at the Brighton Center for Specialty Care. We hope this book will help your child become familiar with what they can expect the day of surgery, along with providing them an opportunity to express their thoughts and feelings with you. Sharing this book with your child in an honest, yet gentle way, can help your child gain trust in you and the medical team surrounding the hospital experience.

You will get a call the business day before your child's surgery date with the time to check-in and when to stop eating and drinking. If you have questions regarding your child's specific surgery, call your surgeon's office. If you have questions about anesthesia, or if you have questions about helping your child understand and cope with their surgery, please call (810) 263-4440.

Our surgical center is connected with C.S Mott Children's Hospital. Our staff are fully trained to care for children. The information found online at www.mottchildren.org/preparingforsurgery is also helpful for children having surgery in Brighton.

We look forward to meeting you and your Little Victor.

P.S. Remember to bring your child's favorite small, freshly washed, blanket or stuffed animal. They may be able to take it with them into the operating room.

**Please note that all photos were taken prior to the Coronavirus pandemic.*



When you and your family arrive at the surgical center, park at the back of the building and come in Entrance 2. You will then check in at the check-in desk. We know your tummy may be rumbling since you will not be able to eat or drink anything before your procedure, so we don't allow anyone to have food or drinks in this area. Let's meet some of the people who will help take care of you.

**How many animals
you can find?**



There will be a whole team of people taking care of you including doctors, nurses, child life specialists, patient care techs, and more. These people will come into your room to talk with you and your family before your procedure. If you have questions, ask them. They take care of kids just like you every day.

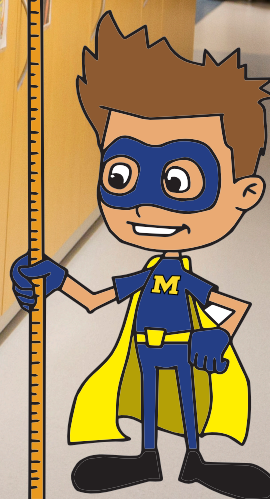
**Can you find the
blue shoes and hats?**






When it is time to get ready, you and your family will come into a pre-op room. We will see how much you have grown by checking your height and weight.

We have a bracelet for you to wear that has your name and birthday on it. Lots of people will check it while you are at the surgical center, so it is very important to keep it on.



**Can you find
the ID bracelet?**



You will change into special surgical center pajamas that open in the back and put on comfy slipper socks. You'll put all your clothes, underwear, and shoes in a bag with your name on it for when you are done.

While you sit on the bed, we will check your temperature and listen to your heart. A blood pressure cuff will give your arm a hug. A sticky band-aid, called a pulse ox, will light up when it's wrapped around your finger or toe. You will hear a beep, beep, beep, and see wiggly lines on a machine called a monitor.

Where is the monitor?



If you have questions or worries, it can help to talk to our child life specialists. They can teach you about the hospital and surgery by showing you pictures of what to expect. While you wait, you can play games, work on a craft or watch a movie on a tablet in your room.

Bring your own small blanket or stuffed animal from home!

**Can you find a
superhero,
princess,
giraffe and
a star?**



Soon you will meet the team who will give you sleep medicine for surgery, we call this anesthesia. It is a different kind of sleep than you have at night. During anesthesia sleep you will not move, feel anything, or wake up until your surgery is over.

Your anesthesia team will talk to you and your family about the safest way for you to fall asleep.

One way for kids to fall asleep is by breathing the medicine through a mask and blowing up the balloon. Some kids even choose to pick a chapstick flavor to rub inside their mask to make it smell yummy!

**How many masks
can you see?**





**How many bees
can you see?**

The second way to have anesthesia is through an IV, what some people call the world's tiniest straw. There is a small poke, but once the IV is in the right place, the poke comes out and only the soft, wiggly straw stays in. Some kids and teens like to watch while the IV is placed. Others like to look away or be distracted. You may also choose to play games or watch a movie on a tablet, squeeze a stress ball, or use Buzzy the bee so you don't feel the poke as much.

Some kids will have medicine before their surgery.
You can choose to drink it from a cup or a syringe
that squirts it into your mouth.

Which way will you choose?

**Can you find
a syringe and
ID bracelet?**



When it's time for your surgery, you will say, "see you soon" to your family and take a ride on your bed with wheels. Some kids like to ride to the operating room in their bed fast, others like to ride slow. What sounds fun to you?



Can you find the
fairy door?

On your ride you will also see a hallway with big sinks. This is where your nurses and doctors scrub their hands and get ready for your surgery.

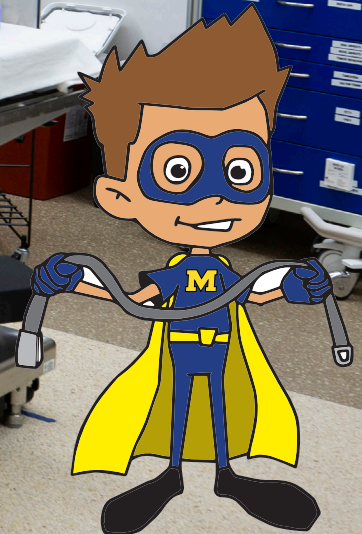
Scrubba a dub dub



How many beds with wheels can you find?

The room you will take a ride to is called the operating room, OR for short. Here you will see spotlights on the ceiling because you are the superstar. This machine is where your anesthesia comes from. There are lots of machines to take good care of you. There is even a seatbelt on the bed to keep you safe.

Can you find the spotlight?



**How many masks
do you see?**



When you are in the OR, they will place stickers on your chest to watch your heartbeat. They might tickle a little. Everyone looks goofy with their hats and masks, but you can tell they are smiling and happy to see you.

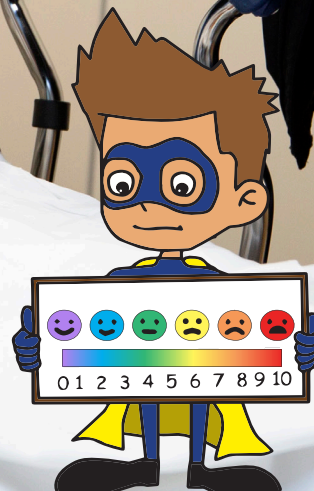
They have cozy warm blankets so you feel safe and warm. Your job is to try to blow up the balloon and breathe through the mask... zzzzz.



When your procedure is all done, you will wake up in the recovery room. You will wake up with the blood pressure cuff and pulse ox on like you had before. Your nurse will listen to your heart. Your family will come be with you in this room. If you fell asleep with the mask, you may have an IV when you wake up. It is important to keep this in so the nurse can give you medicine to keep you comfortable. You may still feel sleepy for awhile. It is your job to tell your nurse how you are feeling.



**Can you find the
stethoscope?**



You will go home the same day. When you wake up, you will get something to eat and drink. You can pick from juice, soda pop, or a popsicle. Your nurse will talk with you and your family about what to do and watch for at home. When you are ready to leave, you can get dressed and your IV will come out.

Can you find the popsicle?



You may feel wobbly, so to keep you safe, you get to ride in a wheelchair all the way to your car.

Little
TODAY YOU ARE A VICTOR.

This is the victory ride!

Thank you for visiting the Brighton Center for Specialty Care.

**How many wheels
do you see?**



The plan is for you to go home. Sometimes plans change to keep you safe. If the surgeon or anesthesia doctor decide you need to stay overnight, you and your family will ride in an ambulance to C.S. Mott Children's Hospital to continue your care. Everyone who stays overnight has their own room! Parents can stay too. There are playrooms and lots of fun things for kids to do while they are at the hospital.



**Can you find the TV,
recliner chair, and bed?**

We look forward to meeting you and your family! Here are some Frequently Asked Questions.

Q: Will it hurt?

A: After surgery, your child will feel different. Children need to know it's okay to talk about pain. Explain that it's the child's job to tell us if he or she hurts. Assure your child that we have medicine to help make them more comfortable. Different surgeries or treatments have different pain levels. Ask your doctor what to expect.

Q: Will I have a shot?

A: Your medical team knows your child doesn't like shots. He/she has many ways to help your child get medicine. They might swallow it, breathe it through a mask or get it through an IV. No matter how they get their medicine, the medical team will work to keep them comfortable.

Q: Will I get an IV?

A: Maybe. Your child might need an IV to help your child's body be safe during surgery. For younger children, the IV may be started after they are asleep. They will wake up and find it taped in place and working already. If your child will receive anesthesia through an IV, we will start the IV before they are asleep. We will make every effort to limit discomfort caused from starting the IV. Once in place, other needle pokes are not usually needed. We have ways to make starting IVs easier.

Q: Why can't I eat anything?

A: Children must have an empty stomach to receive anesthesia for their safety. Due to the risk of serious lung problems from vomiting or regurgitation, surgery will be cancelled or delayed if your child eats or drinks past the specified time. Be sure to follow your eating and drinking guidelines.

Q: What will I feel like when I wake up:

A: It feels different to wake up from anesthesia. It's hard to think and know what's going on. Children tell us they feel sleepy or groggy after they wake up. Some say they are dizzy, can't think, or just don't like it. Often they are grumpy. Assure your child that you will be there soon to help them, and if something hurts, we can give them medicine.

Q: Why do I need sleep medicine?

A: Being in a medicine sleep with anesthesia makes sure you won't feel anything. With anesthesia, children do not have to worry about holding still or wondering how long it will take. The anesthesia team will make sure your child stays asleep until surgery is done. Explain that "medicine sleep" is not like regular sleep.

Please visit our website for more ideas on non-drug ways to manage pain.

www.mottchildren.org/preparingforsurgery



**See if you can find
all of these fun objects
when you visit the
Brighton Center for
Specialty Care**

