

WHAT IS SURGERY?

SURGERY BASICS



Surgery is a way for your doctor to fix or look at a part of your body while you are asleep. You will be given medicine that makes it so that you do not feel or remember any parts of your surgery. When your doctor is done with your surgery, you will wake up.

STEP ONE

On the day of your surgery, you will come to the surgery center. Your nurse will check your height, weight, and vitals. They will check your breathing using a clip that goes on your finger, check your temperature with a thermometer, and your blood pressure with a cuff that squeezes your arm.



STEP TWO

You will change into a hospital gown and stay in your room. Here you will meet many people that will be taking care of you during your surgery. The doctors and nurses will ask you and your grownup a lot of questions to learn more about you. They will also give you information about how your surgery will go today.



STEP THREE

You will meet your anesthesiologist, the doctor that will give you the medicine that makes you sleep during your surgery. This medicine is called anesthesia. They will talk with you and your grownup about the best way to give you the anesthesia. Some kids get an IV and some kids use a mask.



STEP FOUR

If you will get anesthesia through a mask, you can decorate it and choose a scent to make it smell better. When it is time, the mask will be placed over your nose and mouth and you will breathe in the medicine. If you will be getting your anesthesia through an IV, you can learn more about it [here](#).



STEP FIVE

Before you have your surgery, your nurse might give you medicine to help your body feel more relaxed. If you have an IV, the medicine will go through your IV tubing. If you do not have an IV, your nurse will give you the medicine to drink from a syringe. It doesn't taste great, but the taste will go away.



STEP SIX

When it is your turn to have surgery, your nurse and doctors will take you, in your bed, to the OR, or operating room. This is a room that is very clean where surgeries take place. The room may feel very bright and you will see lots of equipment. Not all of the equipment you see will be used during your surgery.



STEP SEVEN

There may be lots of doctors and nurses in the room. They are there to take care of you. They will help move you to a bed where they will put stickers on your finger, chest, and belly and a blood pressure cuff on your arm or leg. This will tell them how your body is doing during your surgery.



STEP EIGHT

The anesthesiologist will give you medicine that makes you fall asleep. The anesthesia will make sure that you stay asleep during the entire surgery and that you do not feel, see, hear, or remember any parts of your surgery. When your surgery is done, the anesthesiologist will stop giving you the medicine and you will wake up.



STEP NINE

When you wake up, you will be in a new room. There will be a nurse there taking care of you. Even if you did not get an IV before your surgery, you will wake up with one in your hand or arm. It will stay there until you are ready to go home. Your grownup will come be with you now that you are awake.



STEP TEN

Once you are ready, you will be able to have something small to eat and drink, like juice, water, or a popsicle. You might be able to go home now or you might need to stay overnight in the hospital so that your doctors and nurses can keep taking care of you.



HELPFUL HINTS

Bring a special blanket or stuffed animal with you to the surgery center if it will help you feel more comfortable. Talk to your grownup, nurse, or doctors about your worries and ask as many questions as you need. If you start to feel nervous, try to take slow, big breaths or hold your grownup's hand.

