

*For a lifetime of caring*



## MID COAST HOSPITAL

### **Pediatric Surgery Be Prepared! Checklist**

To assist you in getting ready for your child's upcoming procedure/surgery use the Be Prepared! Checklists for both pre-op and post-op below.

#### **Pre-Op**

##### **Things to bring to the hospital the day of surgery:**

- History and Physical Form – please have information completed
- Favorite security object from home (stuffed toy, blanket, pacifier)
- Preferred bottle or cup
- Formula
- Diapers, extra change of clothes
- Child may wear loose fitting 2 piece clothing or pajamas, no PJ's with feet attached
- All jewelry including any piercings must be removed
- All nail polish and cosmetics must be removed, and hair should be dry
- Storage case for glasses, contact lenses, retainers if appropriate

#### **Post-Op**

##### **At home:**

- Have plenty of liquids such as ginger ale, apple juice and popsicles on hand (avoid citrus type drinks)
- Tylenol or prescribed post-op medications
- First meal should be light, e.g., soup (avoid fast food)
- Keep discharge instructions handy – call surgeon with any questions or concerns