



NEUROSURGICAL ASSOCIATES, LTD.

PEDIATRIC PATIENT INSTRUCTIONS:

- ✓ Call your child's primary care physician to make an appointment for a pre-op history and physical. Your child must have a physical to be cleared for surgery within 30 days prior to surgery. This documentation must be faxed to the hospital at 612-813-7704 prior to surgery. Please bring with a copy to surgery.
- ✓ We may need to contact you the day before or day of surgery. Please have your cell phone turned on or make sure we have a number where we can contact you. Please listen to your messages.
- ✓ Review your child's medications with the physician that manages their medications. Certain medications must be stopped prior to surgery. See attached list. Talk to your child's physician regarding what medications they can take the day of your surgery. If your child needs to take medications on the morning of surgery, they may only drink enough water to get the medications down.
- ✓ For your child's safety, it is very important to have an empty stomach when anesthesia or sedation medicines are given. This is important because if vomiting occurs during the procedure, food or liquid can get into the lungs. If your child has had even a small amount to eat or drink, unfortunately the procedure will be delayed or canceled.
 - Your child may eat solid foods as usual until 8 hours of their **arrival time** (not surgery time)
 - Your child may have formula or milk until 6 hours prior of their **arrival time** (not surgery time)
 - Your child may have breast milk until 4 hours prior of the **arrival time** (not surgery time)
 - Your child may have clear liquids (popsicles, apple juice, Gatorade, Jell-O, Kool-Aid or soft drinks) until 2 hours prior of the **arrival time** (not surgery time). No gum, candy or breath mints.
- ✓ It is recommended that your child remove all finger nail polish, piercings, scalp braids, beads, hair binders, barrettes or extensions before coming to the hospital. Do not wear make-up to the hospital.
- ✓ Bring a list of your child's daily medications to the hospital.
- ✓ Have plenty of clear liquids available for after surgery such as water, Gatorade, Kool-Aid, Jell-O, apple juice, breast milk, Pedialyte and popsicles.
- ✓ Your child should take a shower and wash their entire body with soap and water the night before and the day of surgery. If your child is having a craniotomy, they should make sure they wash their hair with shampoo. Do not shave or mark skin anywhere near the surgical site. Do not use lotion the day of your surgery.
- ✓ Bring your child's prescription eyedrops, inhalers and breathing devices (CPAP, BiPAP) to the hospital.
- ✓ If your child has a cervical or back brace, bring it with you to the hospital.
- ✓ Constipation is common following a surgery due to decreased fluid intake and pain medications. To help avoid this, your child should increase fluid intake about a week prior to surgery. They should drink an extra glass of water a day. Also, getting up and moving after surgery will help keep their bowels moving. You should also consider purchasing some over-the-counter stool softeners prior to surgery. If it has been several days since your child has had a bowel movement after surgery, start the stool softeners until their bowels become more regular.