CARDIOVASCULAR SURGERY
Parent and Patient Guide

Advocate Children’s Hospital
A variety of clinicians will help care for your child before, during and after their surgery. If your child receives care at another pediatric facility but is having their surgery on the Oak Lawn campus, please be assured that your child has the full attention of our highly experienced surgeons and nurses who will deliver the most sophisticated care in a smooth transition to this new setting.

What can I do to prepare my child for surgery?
Providing emotional and physical support to children before surgery has shown to help relieve fears and anxiety. While there are many ways to help children prepare for hospitalization, we recommend that you talk to your child in a simple manner, using the following age-based guidelines:

- **Newborns to age two**: Children at this age can sense your feelings and anxiety. Focus on preparing yourself. The calmer you are, the calmer they will be.
- **Toddlers**: At this age, children still do not understand enough for a full explanation. Consider telling your child very basic information about the hospitalization one or two days prior to admission.
- **Preschool through kindergarten**: These children can often misinterpret a hospital stay as punishment for something they’ve done wrong. Reassure your child that the hospitalization is to make something better using short explanations.
- **School age to Adolescents**: At this age, your child will likely understand the reason for a hospital stay. Allow plenty of time for your child to ask questions and talk about any worries he or she may have.

- **Tweens and Teens**: Include your child in the process from the beginning and encourage him or her to ask questions. You may even want to ask your child how you can help make the experience better.

What resources are available at the hospital?
We offer several opportunities to help your family prepare for the experience:

- **Individualized Tour** – If your family would prefer a private tour of the hospital and facilities, contact the Pediatric Cardiac Surgery Office at 708.684.3029 to make an appointment.
- **Adolescent Outreach** – If your adolescent child is still apprehensive about his or her surgery, we offer the opportunity to speak with another child who has had heart surgery at Advocate Children’s Hospital. Your child can learn about the experience from a peer, which may help to alleviate any fears about the surgery. Contact the Pediatric Cardiac Surgery Office at 708.684.3029 to make arrangements.
- **Preoperative Conference** – If you would like to have a more in depth discussion with your child’s surgeon, you may schedule a preoperative conference. We recommend that you do not bring your child with you to this appointment so that the surgeon can be as candid and detailed as possible. To schedule a preoperative conference, contact the Pediatric Cardiac Surgery Office at 708.684.3029.

Our Child Life Specialists may be contacted at 708.684.4142 for additional tips to help you and your child prepare for surgery.

Will my child need to undergo preoperative testing?
Several days before surgery, your child will need to undergo some preoperative testing with the pre-surgical preparation team in the Day Surgery Center. A nurse practitioner will conduct a thorough exam of your child, including a blood test and a chest x-ray. We will also review the surgery consent form with you to explain in detail what will happen before, during and after your child’s surgery. Plan to spend two to three hours for your child’s preoperative testing appointment.
What is the pre-registration process?
Several days before your child's surgery, the Day Surgery Center will contact you to confirm admission time, pre-register your child and provide additional instructions for the night before surgery. If your child is scheduled for surgery on a Monday, you will receive a call between the hours of 1 pm and 7 pm on the previous Friday, or Saturday between 8 am and noon. If your child's surgery is scheduled on a Thursday, you will receive a call between the hours of 1 pm and 7 pm on the previous Wednesday.

What can my child eat or drink before surgery?
Your child should not have any solid food, including chewing gum, after midnight on the night before surgery. The Day Surgery Center will provide specific instructions regarding liquid consumption and when to stop feedings for infants.

Can I give my child any medications before surgery?
You may give your child Tylenol or other similar non-aspirin pain relievers for minor aches and pains. Some medications must be discontinued before your child's surgery. Speak to your child’s surgeon or call the Pediatric Cardiac Surgery Office at 708.684.3029 with any questions about specific medications.

What should I pack for my child?
We will provide all infant bottles, diapers and food for your child. Parents are welcome and encouraged to pack age-appropriate toys and games for their children to play with during their stay at the hospital:

- **Infants:** A favorite pacifier, rattles, blankets and toys
- **Toddlers:** A soothing transitional object such as a favorite stuffed animal or blanket, toys and books
- **Preschoolers:** Books, puzzles, a favorite stuffed animal or blanket and toys.
- **School-aged Children/Teens:** Movies, music, handheld video game systems, toys and homework

What if my child catches a cold?
While there really is no way to prevent your child from getting colds and other contagious diseases, we recommend avoiding unnecessary exposure to large crowds and people who are ill for several weeks before your child’s surgery. It is not necessary to keep your child out of school.

If your child develops a cough, runny nose, fever or any other signs of illness within the week before surgery, call your pediatrician and the Pediatric Cardiac Surgery Office at 708.684.3029 to discuss the possibility of rescheduling surgery. In addition, please call us if your child is exposed to any communicable disease, such as measles, mumps or chicken pox.

Donating Blood
Most heart surgeries require additional blood to be performed successfully. The amount of blood varies, depending upon the child's age and type of surgery. In most cases, the Blood Bank at Christ Medical Center provides blood for the surgery. However, some families prefer that the blood comes from family and friends. This is called a directed donation.

If you would prefer to use directed blood donations for your child’s surgery, you must contact LifeSource. All donations must be made three to six days prior to your child’s surgery date.

For a blood donation to be used during your child’s surgery, the donor’s blood type must be compatible with your child’s blood type. To determine if you or a family member can be a blood donor for your child’s surgery, use the following guide:

<table>
<thead>
<tr>
<th>A child with:</th>
<th>may receive blood from a donor with O- blood type.</th>
<th>may receive blood from a donor with O- and O+ blood types.</th>
<th>may receive blood from a donor with A- and O- blood types.</th>
<th>may receive blood from a donor with A-, O-, A+ and O+ blood types.</th>
<th>may receive blood from a donor with B-, O-, B+ and O+ blood types.</th>
<th>may receive blood from a donor with AB-, A-, B- and O- blood types.</th>
<th>may receive blood from a donor with AB-, A-, B-, O-, AB+, A+, B+ and O+ blood types.</th>
</tr>
</thead>
<tbody>
<tr>
<td>O- blood type</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O+ blood type</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A- blood type</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A+ blood type</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B- blood type</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B+ blood type</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AB- blood type</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AB+ blood type</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Contact LifeSource at 847.299.7386 to make an appointment for blood donation. To find a LifeSource location near you, go to lifesource.org/donatingLocator.asp.
Finding Your Way Around

Advocate Children’s Hospital and Christ Medical Center are located at 4440 West 95th Street in Oak Lawn. Preoperative testing is done at the Day Surgery Center (3rd floor) in the Surgery Pavilion on Kilbourn Avenue. You may park in the Pavilion parking lot just north of 95th Street on Kilbourn Avenue, or you can park in one of the hospital parking garages, located on South Kostner Avenue and walk through the main entrance to the Surgery Pavilion. We also offer shuttle services between the main entrance of both hospitals and the Surgery Pavilion.

Our friendly Guest Services representatives are happy to answer virtually any question you may have, whether it is regarding directions, choosing a cafeteria, and even providing wheelchair escort to anywhere in the hospital.
On the day of your child’s surgery, he or she will be admitted to the hospital through the Day Surgery Center. Our goal is to ensure your child’s health and prevent any complications during or after surgery. If your child shows any symptoms of a respiratory infection or any other illness, the surgery may be postponed.

What time should I arrive?
Prior to your child’s surgery, the Day Surgery Center will contact you with instructions regarding arrival time for admission. Most often, we ask that you arrive two hours before your child’s scheduled surgery time.

Will I get to meet the anesthesiologist?
After your child has been admitted, an anesthesiologist will come to the Day Surgery Center to answer any questions you or your child may have. Depending upon your child’s age, he or she may receive an oral sedative to relax. For children older than 10, an IV will be started in the Day Surgery Center as well. Your child will then be taken from the Day Surgery Center to the operating room.

What happens in the operating room before surgery?
Once in the operating room, your child will receive additional anesthesia through a breathing mask. Most children are asleep within five minutes. Nurses and surgical staff will then set up the equipment for your child’s operation.

Where do I wait while my child is in surgery?
Families are encouraged to wait in the Surgery Family Waiting Room on the first floor of the hospital.

How often will I receive updates?
A nurse will provide an initial update as soon as your child’s surgery has begun, usually 60 – 90 minutes after your child was taken to the operating room. During the first update, the nurse will let you know when the next update will be given.

Where can I find something to eat and drink while I am waiting?
Advocate Christ Medical Center and Advocate Children’s Hospital offer three Cafés: 95th Street Café on the ground floor of Christ Medical Center, Kids’ Kafé on the ground floor of Advocate Children’s Hospital, Impressions Café, located just inside the Christ Medical Center entrance on the first floor. Hours for each café are listed below:

95th Street Café
Breakfast: 6:30 am – 10 am
Lunch: 11 am – 1:30 pm
Dinner: 4:30 pm – 7:15 pm (6:30 pm on weekends)
Late Night: 1:30 am – 4 am

Kids’ Kafé
Breakfast: 7 am – 10 am
Lunch: 11 am – 1:30 pm
Dinner: 4:30 pm – 6:30 pm

Impressions Café
7 am – 4 pm
Limited Services from 10 am – 11 am and 2 pm – 4 pm
Recovery

Once your child is out of surgery, he or she will be transferred to one of our recovery units, fully staffed with specialists who monitor young patients around the clock after surgery.

Advocate Children’s Hospital offers the best in post-surgical care in one of our pediatric intensive care units (ICU). Our team is specially trained to care for children recovering from heart surgery, and we have the most experienced heart care unit in the Chicago area. After your child’s condition has stabilized, he or she may be moved out of the intensive care to 2 Hope, where pediatric specialists and specially trained pediatric nurses continue to monitor your child’s condition through recovery.

How soon can I see my child after surgery?

When your child’s surgery is nearly finished, the nurse who has been updating you will take you to the Intensive Care Unit (ICU) Waiting Room. While your child is being admitted into the unit, one of the surgeons will come out and talk to you. You will be able to be with your child in the ICU within an hour after surgery.

If my child is crying, does that mean he or she is in pain?

We take every measure possible to make children as comfortable as possible while they recover from surgery, including managing their pain. Even with all of the medications and comfort measures, some children will still be unhappy with the idea of lying still in a hospital bed.

How long does anesthesia last?

Depending upon the type of surgery, your child will stay under sedation from a few hours to a few days after surgery.

Who can visit my child?

Our goal is to provide you and your child the most comfortable and secure environment possible. For that reason, we have very specific visitor guidelines that must be followed.

- Parents and legal guardians are allowed unlimited visitation.
- Other family members and friends may visit between the hours of 8 am and 8 pm.
- Only siblings over the age of 12 years are allowed to visit. We ask that you do not leave young children unsupervised in the waiting room.
- Your child may have two visitors at a time. All additional visitors must wait in the main lobby.
- Due to HIPAA (Health Information Portability and Accessibility Act) regulations and laws protecting patient privacy, we ask that you remain with your child when visitors are in the room. Please refrain from standing in the hallways or entering other patients’ rooms.
- Latex balloons are not allowed in patient rooms.
- To maintain a restful and healing environment, visitors are asked to keep noise to a minimum.
- Cellular phones are allowed in designated areas. Please be courteous to others while speaking on your phone.
- Christ Medical Center and Advocate Children’s Hospital are non-smoking facilities. Any person found smoking on the medical campus will be asked to stop and may be escorted off hospital property if needed.
How will I find out about my child’s progress?
The pediatric cardiac surgery team will see your child on rounds twice a day. Feel free to ask any questions about your child’s progress during those visits. If you are unable to see the medical team at these times, please ask your child’s nurse to have one of the physicians call you. We strive to keep you informed about your child’s progress and we are always happy to answer any questions you may have.

Can I stay overnight?
While your child is in ICU, parents are not allowed to sleep at the bedside but can visit at night. Once your child is transferred out of intensive care, one parent may stay the night. All rooms (except for ICU) are private with sleep chairs and showers for parents who wish to stay overnight. Additionally, Advocate Children’s Hospital is one of few facilities in the Southland to feature a Ronald McDonald House for families who do not live close by and want to be with their child at a moment’s notice. The 16-bedroom home provides a quiet refuge where families of critically ill children can bond and lend support to each other. It is open to families who live more than 10 miles from Advocate Children’s Hospital and requires a referral from a social worker. Availability is on a first come, first serve basis, and may be limited. Contact the Pediatric Cardiac Surgery Office to find out more information.
RECOVERY AT HOME

Before bringing your child home, you will receive detailed instructions from one of the nurses regarding nutrition, wound care, medication and follow up visits.

We do encourage you to keep your child out of daycare for a minimum of four weeks following surgery, as he or she will be more susceptible to infection.

If your child normally goes to school, you will be asked to keep him or her out of school for two to four weeks after discharge, depending upon the type of surgery and how your child’s recovery is progressing.

NOTES:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________


