Pain control
Your child’s comfort is important to us, and we will work with him or her to keep pain under control. We need your help to keep us informed of his or her pain. We will ask often about your child’s pain and ask him or her to rate it on a scale of 0 to 10, with 0 being no pain and 10 the worst pain you could imagine. Our goal is to keep your child’s pain at a four or less. If your child’s pain is not relieved by medicine or he or she has side effects, please let the doctor or nurse know right away. There are also non-medicine ways to control pain such as relaxing, using pillows, using cold and warm packs and staying busy with other activities.

Tidbits about pain medication:
• Strong pain medicines (opioids) are safe, relieve pain well and do not often cause addiction when used under a doctor’s care as prescribed.
• The side effects of opioids such as constipation, itching, nausea and drowsiness can be relieved with other medicines.
• Take pain medicine before waking or exercising and before occupational and physical therapy. It is easier to wake and exercise when pain is controlled.

If your child’s pain is not relieved by medicine or he or she has side effects, please let the doctor or nurse know right away.

MRSA bacteria can be anywhere people are. It can survive for months on your skin, in your nose and in the environment. MRSA is spread by physical contact with a person who already has MRSA or from objects that are contaminated with MRSA. There are some simple steps you can take to reduce your chances of getting or spreading MRSA.

• Practice good hand hygiene at all times.
• Take care of cuts or breaks in your skin by washing with soap and water and applying a bandage that is changed daily.
• Call your child’s doctor if he or she develops a skin infection that does not get better with home treatment.

For more information on what you can do to protect yourself and others, contact Vidant Medical Center’s Infection Control staff at 252-847-4387 or mrsainfo@VidantHealth.com.

Why is my child being tested for MRSA?
MRSA is the short name for a type of bacteria that many antibiotics will not treat. On average, about 1 in 12 people carry MRSA in and on their bodies. Many people who carry the MRSA bacteria don’t know they have it. For most of us, carrying MRSA is usually harmless. MRSA may cause minor, easily treatable skin infections about the size of mosquito bites. But for about one of every three people who carry it, MRSA can cause a serious infection.

Vidant Children’s Hospital takes extra precautions for patients. Upon admission to the hospital and prior to surgery, all patients are tested for MRSA. We perform the test by swabbing the inside of your child’s nose. Any patient who tests positive for MRSA is treated with an antibiotic ointment that is applied to the inside of the nose for five days. Your child will also use a skin cleansing soap, called Chlorhexidine Gluconate (CHG), on days one, three and five of ointment application.

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Preparation for surgery
Date of surgery ________________________
Surgeon ______________________________
At Vidant Children’s Hospital, your child is our priority.
We are focused on making sure that you and your family are prepared for your child’s upcoming surgery. Our goal is to make your experience at our hospital as comforting and positive as it can be. From the beginning, you and your family will be involved in your child’s plan of care. You are a part of our medical team, and we will make it easy to communicate with us.

This booklet includes what you and your child can expect on the day of surgery. If you still have questions or concerns after reading this information, feel free to call us at 252-744-2832.

Arriving for Surgery
Vidant Children’s Hospital is located at 2100 Stantonsburg Road, Greenville. Please use the South Gate entrance. Arrive as instructed to allow enough time for us to prepare your child for surgery.

You may park in the visitor parking lot, which is located to your right as you enter the hospital campus. One free parking pass is given to each family.

Use the Vidant Children’s Hospital & Women’s Center lobby entrance. The receptionist at the front desk will register your child. Once registered, you and your child will be escorted to the Ambulatory Surgery Unit (ASU). A nurse will review your child’s chart and get him or her ready for surgery. A child life specialist, often referred to as CLS, will help your child’s hospitalization experience be as understandable and close to his or her normal life as possible. The CLS will meet with you before surgery and provide emotional and social support in order to ease the stress and anxieties that may accompany a hospital stay.

You will meet other members of your medical team in ASU, including your child’s surgeon and anesthesiologist. You will be asked about your child’s health history. Write down any questions you have prior to coming to the hospital so you will remember to ask the day of surgery.

Surgery Checklist
To make sure your child’s surgery goes smoothly, follow these guidelines:
1. Children under age 3 should bathe with regular soap the night before surgery.
2. Children age 3 –18 should bathe with the special liquid soap provided by the surgeon’s office the night before surgery. Do not wash your child’s face, hair or private areas with the special soap.
3. Infants may have formula up to six hours before you arrive at the hospital. Breast milk can be given up to four hours before your arrival at the hospital.
4. Children up to age 8 should have no solid food after midnight the evening before surgery. They may have clear liquids up to two hours prior to surgery. This includes water, juice without pulp and Pedialyte.
5. Children age 9-18 should not have anything to eat or drink after midnight.
6. You may bring a personal comfort item from home such as a blanket, pillow, stuffed animal or pacifier. You may also bring personal recreation items such as board games, video games, movies or music to help promote a positive coping environment.
7. Bring extra diapers, sippy cups and formula if needed.
8. Bring all your child’s medications in the original bottles, both prescription and over-the-counter, or bring a complete written list, including the name of the medicine, dosage, how often the medicine is taken, what the medication is for and the name of pharmacy used.

During Surgery
You are encouraged to wait while your child is in surgery. A staff member will direct you to the lobby area. In order for the staff to provide important updates to you and your family, a pager will be given to you when your child leaves for surgery. This pager will only work on the hospital campus. The surgeon will notify the guest attendant in the waiting area when the surgery has been completed and he or she is ready to talk with you. The attendant will page you and arrange a meeting in a consultation room located near the waiting room. Because this will likely be a long day, we encourage you to find alternate care for other children. Your child having surgery will require a lot of support and attention from you.

Recovery
After surgery, your child will go to the Post Anesthesia Care Unit (PACU). The staff will monitor your child and assist him or her in waking up. Your child may receive oxygen. As soon as you can see your child, the guest attendant will notify you and escort you to the PACU. The amount of time your child spends in the PACU will vary depending on your child’s needs and bed availability and if he or she will be staying overnight.

If your child is having same day surgery, your child will be able to go home once cleared by the doctor. Please have transportation ready. Remember that the effects of anesthesia wear off slowly and activities will need to be limited for 24 hours after your child’s surgery or while he or she is taking prescription drugs for pain. These limitations protect your child and will help him or her get well as quickly as possible. If you have an older child, please observe the following guidelines for 24 hours after surgery:
- Do not allow your child to work or do any manual labor.
- Do not allow your child to drive.
- Do not allow your child to operate any machinery or equipment.
- Do not allow your child to sign any important papers.
- Have a responsible adult stay with your child at all times.

Hospital Tours
Having surgery can be a frightening experience. Preparing children ahead of time may reduce much of their anxiety and help them cope. A CLS will be happy to provide pre-operative tours to children who are scheduled for surgery and their families. These tours allow everyone to see and learn about the hospital before their day of admission and learn what to expect on the day of surgery. If you and your child are interested in going on a tour, please contact a CLS at 252-847-8922.

Tips for Parents
Providing your child with honest, accurate information may help calm his or her fears about surgery.
- Talk with your child about the surgery.
- Give your child a chance to tell you how he or she is feeling and to ask questions. Your child may be worrying about something that will not happen.
- Be honest with your child’s surgeon and his or her trust you and the people he or she will meet at the hospital.
- Make sure that everyone washes his or her hands before touching your child or touching the dressing. If you are unsure whether someone washed their hands, ask.
- Remember to wash your hands before touching your child’s dressing or surgical site.
- Ask family and friends not to visit if they are sick.
- Ask family and friends to wash their hands before and after visiting.
- Notify your child’s surgeon if your child shows any signs of infection. Signs include fever and redness, swelling and heat or pain at the surgical site. Cloudy fluid draining from the surgical wound or sudden opening of the surgical wound may also be signs of an infection.

Please remember our hospital campus is tobacco-free.

For more information about Vidant Children’s Hospital, visit www.VidantHealth.com.