

The background features a large, light-colored triangle pointing downwards from the top left, filled with small grey dots. To the left of this triangle are overlapping geometric shapes in shades of blue, red, and teal. On the right side, there is a vertical stack of three overlapping hexagonal shapes in blue, red, and teal. The main title is centered in a large, bold, dark blue serif font.

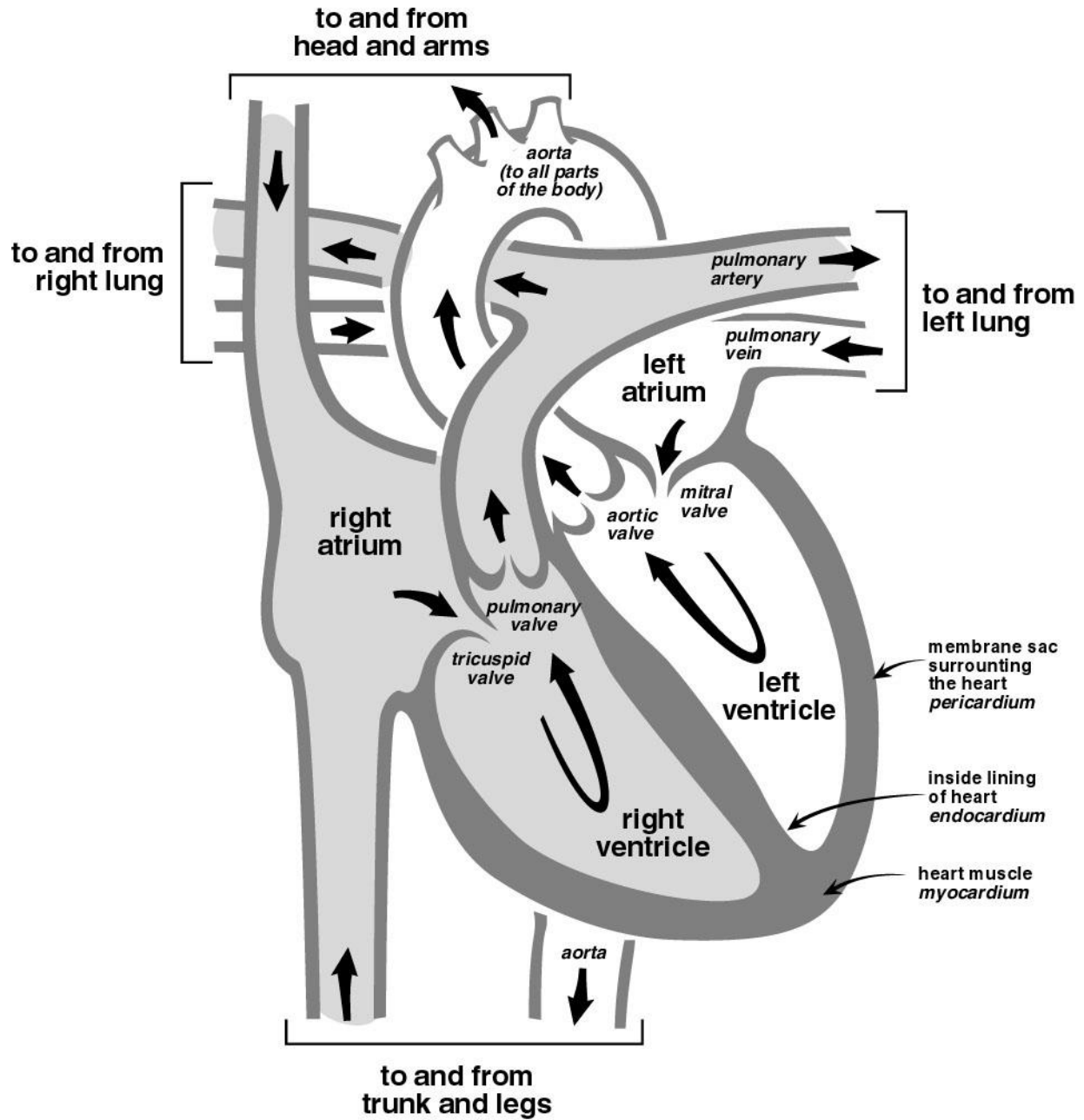
# Health Facts for You



**Your child's heart  
surgery at American  
Family Children's  
Hospital (AFCH)**



# The Heart and How it Works



## **Welcome to the American Family Children's Hospital (AFCH)**

This booklet will tell you what to expect before and after your child's surgery. Please read this booklet before your child's pre-op visit. Write down any questions and bring them with you to the visit.

## **How to Prepare Your Child**

A visit to the hospital may be new and perhaps scary for a child. One of the best ways to help prepare your child is to explain what will happen before the day of surgery.

All children are unique. When and how to talk with your child depends on the child's age and personality. Use language your child knows and allow him to ask questions and express concerns. Tell younger children about the surgery closer to the event; a toddler may be told the day before surgery. A school age child could be told the week in advance. Give your child the basic information and answer your child's question the best you can.

If you are unsure about what to tell your child, child life specialists at AFCH can help you. You can reach them at **(608) 890-7888**.

## **Your Child's Pre-Op Visit**

The pre-op visit may take up to 4 hours. You will meet with many members of the health care team during this time. Your child will have some tests such as EKG, blood tests, and ultrasound, if needed. We will ask you to sign a consent form for surgery.

## **Bring the dental clearance letter if you have not faxed or mailed in to our office yet (children and adults over 3 years old).**

You may also meet with a child life specialist. She can talk with you about going with your child into the OR the day of surgery until your child is asleep. You will also discuss how you can be helpful during

the hospital stay. Your child will have a chance to see medical play equipment. If you would like to set this up, please call to schedule this in advance at: **608-890-7888**. There are also online tours of American Family Children's Hospital at: [www.uwhealth.kids.org](http://www.uwhealth.kids.org).

You will also need to stop at the Admissions office to verify your insurance.

## **Before Surgery**

The day before the surgery, a nurse will call to give you the time of your child's surgery (or on Friday before a Monday surgery). The nurse will let you know when to arrive and answer any questions that you might have. **If you do not hear from us by 2:00 pm, please call (608) 890-8000.** Ask for the 3<sup>rd</sup> floor AFCH surgical services.

We may need to postpone surgery if your child is ill. Please call **(608) 263-0439** between 8 am and 4:30 pm, Monday-Friday if your child has:

- A rash on chest/neck/groin area
- Oral thrush
- A fever
- A cough
- A runny nose
- Vomiting
- Diarrhea

If your child gets a fever after hours the night before surgery, come as scheduled. We will give your child an exam. We may need to cancel the surgery.

## Getting Ready for Surgery

1. Stop ibuprofen (such as Children's Motrin<sup>®</sup> or Advil<sup>®</sup>) and herbal supplements 14 days before surgery. Stop Plavix<sup>®</sup> 7 days before surgery. Stop aspirin (and medicines which contain aspirin such as Pepto Bismol<sup>®</sup>) 5 days before surgery. Coumadin<sup>®</sup>. Stop warfarin 3 days before surgery. If your child takes any of these medicines, please let your surgeon or nurse know. Your child may use acetaminophen (Tylenol<sup>®</sup>) if needed for pain or fever.
2. The night before surgery, shower or bathe your child. Do not apply lotion to your child's skin after the shower. Then, wipe your child down with the Sage cloths. Follow the directions we gave you at the pre-op visit.
3. The night before surgery, your child will need to stop eating solid foods at midnight. Also, no candy or chewing gum. Your child will need to stop drinking milk and formula 6 hours before surgery. If you are breastfeeding, the last feeding should be finished 4 hours before surgery. Two hours before surgery, your child will need to stop drinking clear liquids (apple juice, water, or Pedialyte<sup>®</sup>). This will prevent stomach contents from getting into your child's lungs.
4. Your provider will tell you about your child's medicine plan. We may ask that you stop some of your child's medicines before surgery. This will be reviewed at your child's pre-op visit.
5. Your child should not swallow when brushing teeth. It is okay to rinse and spit.
6. Remove all makeup and nail polish. Leave all jewelry at home.
7. Your child should try to have a restful night before surgery. If you are coming from out of town, you may find it helpful to stay in Madison the night before. A **Ronald McDonald House** is nearby for children and families who receive care at AFCH. The housing desk **(608) 890-8000**, can arrange for your stay there or provide you with a list of nearby motels at a discount rate. You may also stop at the Guest Depot on the first floor of AFCH. After hours please call, **(608) 263-8591**.

If your child has a special toy or blanket, please bring it (labeled with your child's name) for comfort. You may also bring some of your child's pajamas and slippers or comfortable clothing for him to wear once transferred out of the ICU. You may also want to bring something to reading or something to do while your child is in the hospital. Your child will have a TV, DVD player, and CD player in the room.




8. Please bring glasses, hearing aids, or other special devices your child may need. Include any special feeding devices or the nipple or drinking cup your infant or toddler prefers. Be sure these items are labeled with your child's name.
9. Leave large amounts of money and valuables at home.

### **The Day of Surgery**

Please arrive by your scheduled time. Park in the AFCH Ramp (map in back cover of this book). Take a parking stub as you enter AFCH ramp. Please bring it with you to get it stamped. Do not leave it in your car. Parking is free.

Take the elevator from the parking ramp to Level 1. Get your parking stub stamped at the Security desk or Guest Depot, on level 1.

Take the AFCH elevators (marked with ) up to level 3. Check in at the reception area.

Since your child is under age 18, a parent or legal guardian must remain in the hospital during surgery unless special arrangements have been made with the staff.

### **In the Operating Room (OR)**

One parent can go with your child into the OR. If you go with your child, we will ask you to change into a gown and hat. A child life specialist or nurse will go with you and your child. You may touch and talk to your child while she falls asleep.

The room will be brightly lit. A nurse will be there to explain what is being done. Once in the room, your child will be moved to a narrow, firm bed with a safety belt much like a seat belt. A blood pressure cuff will be put on your child's arm. Sticky patches will

be placed on her chest to watch her heartbeat. A special tape or lighted clip will be put on her finger or ear to check the oxygen level in the blood.

Once your child has fallen asleep, we will show you to the waiting area. We will give you a pager and you will receive text messages about how your child is doing during surgery. Your child's doctor will talk with you after the surgery.

### **After Surgery**

Your child will be taken to the Pediatric Intensive Care Unit (PICU). Your child may also be placed on a breathing machine (ventilator). Your child will not be able to talk while the breathing tube is in. Once awake, older children should be able to nod "yes" and "no" or use a notepad to write brief messages until the tube is removed. The breathing tube may be taken out within an hour or longer.

Soon after the breathing tube is removed, your child will be asked to breathe deeply, cough, and use the incentive spirometer or blow bubbles. The child will learn how to do these simple lung exercises during the clinic visit.

Nursing staff members must be with your child the first time he gets up. The child may need some help for a few days. Even though the child may feel weak and sore, he needs to get out of bed and walk. This helps to decrease any lung problems and risk of infection.

Your child will not be able to eat right after surgery and most often not for the first night. At first, we will give your child fluids and food through an IV. Over the next few days, your child's diet will progress from ice chips, to clear liquids (Pedialyte<sup>®</sup>, juice, or gelatin) to full liquids (formula, milk, ice

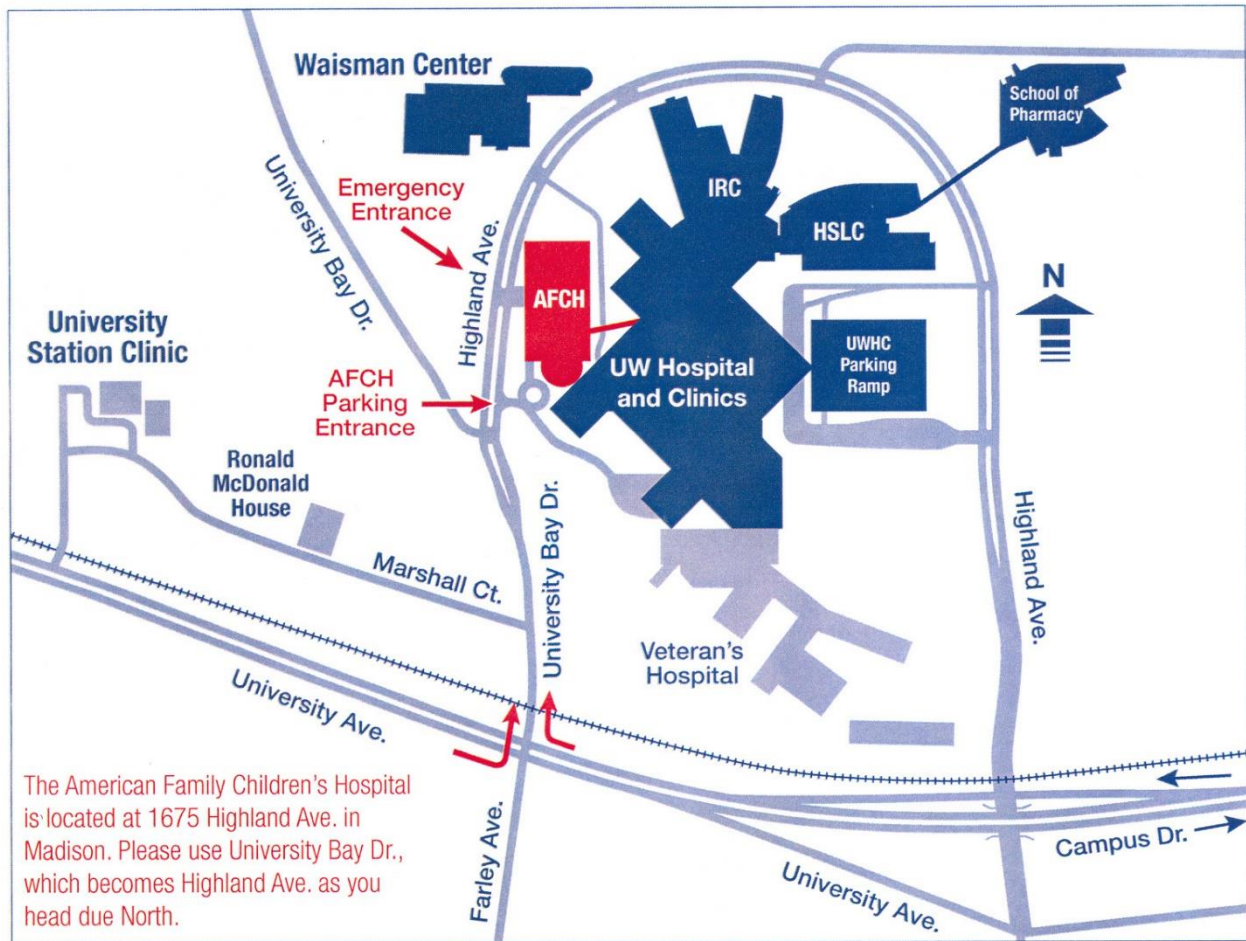


**Who to Call**

Admissions and Insurance Advisors (Financial Counselors) E5/213	<b>(608) 263-8770</b>
AFCH Hospital Information	<b>(608) 890-8000</b>
General Billing Office	<b>(608) 262-2221</b>
Pediatric Intensive Care Unit	<b>(608) 263-8049</b>
Pediatric Cardiology Clinic	<b>(608) 263-6420</b>
Pediatric Cardiothoracic Surgery Office	<b>(608) 263-0439</b>
Child Life Department	<b>(608) 890-7888</b>
Hospital Paging Operator	<b>(608) 262-0486</b>
Patient Information (Room number and location)	<b>(608) 263-8590</b>
Patient Relations Office	<b>(608) 263-8009</b>
Patient & Family Learning Center	<b>(608) 890-8039</b>
Spiritual Care Services	<b>(608) 263-8574</b>

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5446





**From HWY 12/18, watch for Exit 258 (Midvale Boulevard/Verona Road).** Take this exit and turn right (heading north) on Midvale Boulevard. After about 2.5 miles, you will come to a traffic light at University Avenue. Turn right (east) on University and merge into the left lane. About 1 mile later, turn left (heading north) on University Bay Drive. Continue about 100 yards. The parking entrance to the American Family Children's Hospital will be on your right. (Note: If you pass the Emergency Department entrance, you have gone too far.)