

Surgery Information for Teens

- You can contact the Chase Child Life department before your surgery to schedule a pre-hospital tour if you would like to come see the hospital and speak with a Child Life Specialist before your admission. Please call **(310) 267-9440** to schedule an appointment or email childlifecservices@mednet.ucla.edu.
- The day before your surgery, a nurse will call your house to speak with you and your parents. They will tell you when you will need to stop eating or drinking before your surgery. They will also tell you where to go in the morning to check in before your surgery and what time you need to arrive.
- Pack a backpack or small bag to bring items from home and comfortable clothes to wear after your surgery.
- For a complete guide, video and checklist before your surgery, please visit uclahealth.org/mattel/preparing-for-surgery

What to Bring

- You can bring your cellphone, tablet, hand-held video game, laptop, book or magazine to help you pass the time before your surgery.
- You can bring your favorite pillow, blanket or stuffed animal for comfort. You can even bring this item into the operating room. Please label it with your name.
- Bring comfortable clothes to wear home after your surgery. You may also want to bring your own hairbrush, deodorant or change of underwear to have before you leave the hospital.
- If you wear contact lenses, you will be asked to take them out before your surgery so you should bring contact solution and a case. You may prefer to wear glasses the day of your surgery.
- If you are staying overnight, you can find more information at uclahealth.org/mattel/admissions-information



What is Anesthesia?

Anesthesia is a very safe type of medicine that blocks pain and relaxes muscles. When you inhale or receive anesthesia in your body, your body falls into a deep sleep. For more information, visit uclahealth.org/mattel/anesthesia

Before Surgery

- You need to bring at least one parent with you to your surgery.
- You will check in at either the front desk or the Admissions office the day of your surgery. You will be instructed where to wait until it is your turn to go to the Pretreatment Unit (PTU) where you will be prepped for your surgery.
- A nurse will ask you and your parent questions about your health, medical history and allergies. The nurse will also take your temperature and check your blood pressure, oxygen levels, heart rate, height and weight.
- It is important to tell your nurse if you smoke or if you have recently used alcohol or drugs. These can cause significant health risks during your surgery.
- You will be asked to change into a hospital gown. You may need to remove your underwear for your surgery.
- You will be asked to remove all jewelry and piercings.
- Several doctors may come to see you and your parent before your surgery, including your surgeon and anesthesiologist.
- The anesthesiologist is the doctor who will be giving you medicine to fall asleep for your surgery. Teens often get this medicine through an intravenous (IV) line. An IV line is a small straw that slides into your vein to deliver medicine and fluids that your body will need during surgery and recovery.
- It is important to ask any questions you may have. You can ask your parents, doctors, nurses or Child Life Specialist. We are all here to help you stay comfortable and safe.

During Surgery

- Your family can stay with you until it is time for your surgery.
- When it is time for your surgery or procedure, the doctors will transport you to the operating room or procedure room.
- Doctors will place different monitor stickers on your arms, chest or stomach so that they can closely monitor your heart rate and breathing during your surgery.
- You may also have a small mask placed over your nose and mouth to give you oxygen.
- The anesthesiologist will give you anesthesia medicine either through your IV or in a mask to help your body relax and remain asleep through the whole surgery.
- When the surgery is completed, the anesthesiologist will stop giving you the anesthesia medicine and allow your body to wake up.

Frequently Asked Questions

It is important to ask all your questions. Here are some questions that teens frequently ask their doctors before surgery:

- *What kind of anesthesia will I be getting?*
- *How will I be getting anesthesia — through an intravenous (IV) line or a mask?*
- *How long will it take me to recover from my surgery?*
- *When will I be able to go back to school or participate in my favorite activities?*

After Surgery

- You will recover from your surgery in the Post Anesthesia Care Unit (PACU). Your family will be called when you are awake so that they can come and see you.
- You may still have your IV line and some monitors connected when you wake up. These help the doctors and nurses monitor you closely while you recover.
- You may still feel tired or sleepy from your surgery. It's OK to sleep a little bit if you are tired.
- If you have any pain or discomfort, be sure to tell your nurse so that they can make you more comfortable.
- If you are staying overnight at the hospital, you will be transported to your room once your body has recovered from anesthesia. Your family and friends will be able to visit you during your stay.
- If you are going home after your surgery, the nurses will give you and your family instructions for how to take care of your body at home. If you have any questions or do not understand the instructions, be sure to ask the nurses or doctors before you leave.



Just for Girls

- When you change into your hospital gown, you will be asked to remove your bra. You can ask the nurse for extra blankets if that would make you more comfortable.
- You will be asked to provide the nurse with a urine sample to check for pregnancy. Why? All girls over age 10 are screened for pregnancy because surgery can cause serious health risks to pregnancy. The test is fast and easy but very important so doctors can provide the safest care possible. If the test result is positive for pregnancy, the results of the test will be told directly to you so you can share the information with your family if you want to.
- If you are having your period the day of your surgery, you will be asked to use pads. Tampons must be removed before surgery. You can let your nurse know and they can provide you with additional pads if you need them.
- If you are taking birth control pills or other birth control medications, please inform the nurse during your pre-operative phone call the day before your surgery. You will also need to let the nurse and doctors know the day of your surgery about all medications you are currently taking.

Additional Information

If you have other questions or want to know more about your surgery, you can confidentially email teensurgery@mednet.ucla.edu or visit some of these websites to learn more about preparing for surgery and anesthesia.

UCLA Mattel Children's Hospital uclahealth.org/mattel

Children's Health

- What's it like to have surgery?
uclahealth.org/mattel/preparing-for-surgery

American Academy of Pediatrics aap.org

Child Life Council childlife.org

