

Your child's surgery



Children's at Meridian Mark

Your child is going to have surgery or a procedure at Children's Meridian Mark. Here are some useful tips and reminders to help prepare you for your child's visit.

Before the surgery

- You must fill out a pre-anesthesia health form as soon as possible through MYchart or on choa.org/mmsurgery. To sign up for MYchart, call **404-785-7844**.
- A staff member will call or text you one day before the surgery to share your arrival time and eating and drinking instructions. It is important to arrive on time to properly prepare for the surgery.
- Remove any jewelry or accessories made of metal from your child's hair. Any piercings, body jewelry, fake eyelashes and acrylic nails will also need to be removed.
- Bathe your child the night before surgery with soap and water. Wash your child's hair with shampoo. Do not use any baby oil, moisturizers, lotions, body powder or makeup.
- If your child wears contact lenses, please bring their glasses or contact solution, as their contacts will need to be removed before their surgery.
- Dress your child in clean clothes. This helps lower the risk of your child getting an infection during the surgery or procedure.
- Wash any comfort items, such as a blanket or stuffed toy, that may be coming with your child to the hospital.
- Report any symptoms of sickness to the pre-surgery nurse.
- If you need to reschedule your procedure, call your child's surgeon.

Helpful tips

- Answer your child's questions. Be honest.
- Listen to your child. They may be scared. Let your child know that the surgery is to help them, not punish them.
- Talk to the doctor about your concerns when your child is not there. Try to do this before the day of the surgery.
- Visit choa.org/surgery for more tips.

Anesthesia plan

- Anesthesia is medicine that helps part or all of the body go to sleep for surgery.
- An anesthesiologist is a doctor who gives the sleep medicine to your child.
- An anesthesiologist who is trained to treat children will talk to you about caring for your child before your child goes into the operating room.

Eating and drinking rules

- A staff member will call or text you the day before your child's surgery and tell you what your child can eat and drink before surgery. There is **no eating** the day of the surgery. Clear fluids like water, apple juice, Pedialyte or Gatorade can usually be given up to two hours before the surgery.
- If your child has thickeners added to their drinks, they should not be used six hours prior to surgery. You should still encourage your child to drink clear fluids up to two hours before surgery. If they cannot drink fluids without thickeners, please call 404-785-5615.
- Do not give anything by mouth to your child after the time you were given to stop eating and drinking, including gum, hard candy or a sip of clear fluids like water or apple juice.
- No one is allowed to eat or drink in the waiting or pre-op area, including visitors.
- There is no cafeteria in the building, but we do have vending machines. You can also bring snacks from home.
- Bring a bottle of juice or formula for your infant or toddler after the surgery.

It is important to follow these rules. If you do not, it could put your child's health at risk. Your child's surgery may have to be canceled and moved to another day.

Going to the hospital for surgery

- You may be asked to arrive up to two hours before surgery. Arrival times are decided by your child's surgeon. If you are late for your arrival time, your child's surgery may be delayed or cancelled.
- A legal guardian has to sign the consent for surgery. Bring your guardianship papers or legal documents if you are the patient's guardian. Surgery cannot be done if the consent form is not signed by a confirmed legal guardian.
- Bring your insurance card, a photo ID and any paperwork from your child's doctor.
- Bring a list of medicines your child is taking, such as over-the-counter medicine, supplements or herbs.
- Bring any special or important equipment, such as a ventilator, oxygen or crutches, and any charging devices for the equipment.
- Let your child make some choices, such as what to wear and what to bring (for example, a sippy cup for after the surgery). This will help them feel more in control.
- Bring a special item for your child, such as a favorite toy or blanket. Your child will also get to choose a toy from our toy cupboard to take home after surgery.

- As a parent, it is important that you eat the day of the surgery. This helps you be at your best for your child. Remember: Your child should not eat or drink. If possible, avoid eating in front of your child.
- Smile. Breathe. Your child will be more relaxed if you are calm.
- **The number of visitors is limited to two caregivers in the surgery center. Siblings are not allowed in the facility on the day of surgery. Please arrange other care for siblings.**
- Any female patient who has begun menstruation or is 12 years of age or older will need to provide a urine sample before surgery.

During the surgery

One caregiver must remain at the surgery center during your child's surgery. This is for the safety of your child and helps your child's doctor find you if there are any questions. In most cases, if your child is between 6 months and 12 years old, one caregiver may go with them to the operating room until your child is under anesthesia. You will then wait in a designated area until the procedure is complete. Final decisions about being in the operating room will be made the day of the surgery by the anesthesiologist. Sometimes, we cannot allow parents into the operating room. For example, pregnant women cannot be in the operating room.

Speak up

It is OK if you have questions or do not understand something about your child's surgery. We are here to help you. Do not be afraid to ask questions or talk to us.

What to expect after surgery

- Nurses will check to make sure your child:
 - Is waking up. Your child might not be fully awake at time of discharge. This is normal.
 - Can drink and keep down liquids.
 - Is comfortable.
- If your child was given pain medicine, follow the pain medicine directions given to you by your child's surgeon.
- Have your child sip liquid or chew ice chips. They may feel sick to their stomach. This is normal.
- Your child may be grumpy or sad. This is also normal. Listen and tell them that you understand how they feel.

Going home

At the discretion of your child's care team, your child can go home when they are awake and comfortable, and your questions

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have been answered. Your child's surgeon will talk with you after the surgery. Your child's nurse will write down instructions on taking care of your child at home. Follow all of these instructions, including those for pain medicine. Once your child is at home, call your surgeon with any further questions. Refer to the phone number on your discharge instructions. Remember: In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Important phone numbers

General Information

404-785-5650

Fax

404-785-5660

Pre-registration

404-785-6309

Pre-surgery nurse

404-785-5615

Billing and Insurance

404-785-5589

Directions

Children's at Meridian Mark
5445 Meridian Mark Road NE, Suite 340
Atlanta, GA 30342

Parking

Parking is available in the garage underneath the building. There is a fee to park. Meridian Mark parking is cashless, and only accepts debit or credit cards and Apple Pay



**Scan the
 QR code or visit
choa.org/meridianmark
 for door-to-door
 directions.**