

Instructions for Parents Prior to Surgery

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I know that it can be very stressful preparing your child for surgery. The following instructions may help. After reading them carefully, please let me know if there is anything that you do not understand about the operation.



MEDICATION

Two weeks before the surgery, stop using aspirin, Advil, Motrin, ibuprofen, or any other drug that can cause bleeding. Supplements containing fish oil, garlic, ginkgo or ginseng should also be stopped. **Do not start these again until two weeks after the operation**, and use Tylenol or Tylenol with codeine for pain. Asthma inhalers should be used on the morning of surgery. If your child takes any drug on a regular basis, let me know so we can decide whether or not it should be continued.



PREOPERATIVE TESTS

Before most operations I do not require any specific tests (such as x-rays or blood tests) on otherwise healthy children. Certain operations might require a CT scan or other test, but I will discuss this with you if necessary.



MEDICAL CLEARANCE

Your child's pediatrician must provide a complete written history and physical examination for the anesthesiologist. We have a form for this at the office that you should use, but any written report from your doctor is fine. This must be delivered to my office **at least 2 days** (but not more than one month) before the surgery date. However, **it is best to bring a copy with you** on the day of surgery to ensure that the operation will not be delayed.



SICKNESS

It is very common for a child's surgery to be cancelled due to a cold or other infection, especially in the winter. This is mainly because the risk of anesthesia goes up if a patient has a respiratory infection. The final decision is made by the anesthesiologist on the morning of surgery. While operations are not cancelled for minor symptoms, if your child is clearly sick during the week before surgery, please check with me about rescheduling.



TIME OF SURGERY

The hospital is continually adding and removing cases to a busy schedule, and therefore does not assign starting times until each afternoon for the following day. Times given by other departments are sometimes inaccurate- the correct time will be given to you by this office. My office will contact you on the day before the operation. Please be sure that we know how to reach you on this date, and call the office before 4 PM if you haven't heard from us.

Please realize that the length of an operation can vary due to unforeseen circumstances, and a procedure may take longer than anticipated. You should understand that each child has to be given our full attention for safety's sake, even if it means delaying the cases that follow. Therefore, the starting time that you are given is an estimate, and the later in the day you are scheduled, the more likely there is to be some degree of delay.



EATING AND DRINKING

Your child should be watched carefully before surgery, since they may try to eat or drink, which will delay or cancel their operation. This is because it is dangerous to have anything in the stomach when anesthesia is given. **CLEAR liquids**, such as water, clear jello or apple juice (not cider), are OK up to three hours before the time of surgery. **Everything else (including food and milk) must not be taken for eight hours prior to the operation.**



REGISTRATION

Please arrive at the Mt. Sinai Hospital surgical registration area **at least 90 minutes** before your surgical time. **Please do not bring any other children** with you to the hospital. The reception desk is on the 2nd floor of the Guggenheim Pavilion, 1190 5th avenue (at 100th street). If you have any problem finding the area, speak with a security officer or call security at 212-241-6068 (46068 from a hospital phone).

Patient Name: _____

Date of Surgery: _____