



Helpful Tips to Prepare for Your Child's Surgery

Below are some helpful tips to prepare for your child's surgery. Pediatric Specialists of Virginia recommends reviewing these checklists as soon as your child's procedure is scheduled.

Checklist – A month before surgery

- M Schedule a physical exam with your child's physician within 30 days before the surgery.
- M Physician completes and signs the medical history and physical examination form.
- M Discuss your child's medical history with the doctor, including:
 - M The reason for the surgery
 - M Medications your child is taking
 - M Allergies to medicine, food, or latex
 - M Reactions to anesthesia or to a blood transfusion
 - M Previous illnesses or operations
 - M Previous hospital stays (admissions), tests, or treatments
 - M Family history of adverse reactions to anesthesia
 - M Anything that might put your child at risk during the visit
- M Ask your physician about any special equipment you may need at home after the surgery.
- M Arrange for someone to care for your other children while you are at Pediatric Specialists of Virginia.

Checklist – The day before surgery

- M For safety reasons, check your child for signs of a cold, fever, or rash. If present, call the nurse immediately. The procedure may be postponed.
- M Make arrangements for transportation to and from Pediatric Specialists of Virginia.
- M Get directions to PSV. Visit **PSVCare.org** for personalized directions.
- M Talk with your child about the surgery.
- M Review the information about anesthesia and the instructions about eating and drinking.
- M Make sure your child has taken a thorough bath or shower and removed all make-up, nail polish, piercings, and other jewelry.
- M Make arrangements to be with your child or have another adult present while your child recuperates at home.
- M Have your insurance card and identification ready to bring with you.
- M If Pediatric Specialists of Virginia called you and you were unavailable, make sure to return the call.
- M Prepare any custodial or adoption papers you might need to bring with you.

What to Bring the Day of Surgery

Please make sure you bring the following information to check in and register:

- M Picture identification card (for parents and patients over 18)
- M Insurance card for the patient
- M Proof of guardianship (foster parent papers, court orders) if you are not the parent of the patient
- M Your child's Social Security number
- M The original medical history and physical (H&P) exam form completed by your primary care physician, the Consent to Procedure form, and any other paperwork your child's doctor may have given you

- M Any outside X-ray or other imaging films and/or lab results

Other items to bring for the comfort of you and your child:

- M Comfortable clothing and a change of clothes
- M Your child's medications
- M Containers for glasses, contact lenses, or any assistive devices such as hearing aids
- M Your child's favorite toy, blanket, or comfort item
- M Special bottle, nipple, pacifier, or sipper cup
- M Something to occupy your time while you're waiting, such as magazines, knitting, or your laptop computer

What not to bring

- M Valuables, such as jewelry
- M Siblings and other relatives or friends
- M Food or drink
- M Due to space constraints and safety, we must limit the number of people to only parents/guardians and patients.

What if I have questions?

If you have questions or concerns, you may call Pediatric Specialists of Virginia, Monday through Friday, 7 am – 4 pm, at 571.766.3022.

Canceling a procedure

If you need to cancel your child's procedure for any reason, please follow these instructions:

Prior to the day of the surgery:

Call the scheduling coordinator at 571.766.3022.

Day of the surgery:


Call the pre-operative nurse in the procedure suite at 571.766.3024.



Before Surgery at Pediatric Specialists of Virginia

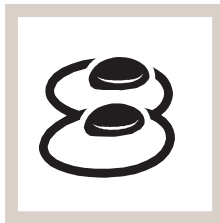
Pediatric Specialists
of Virginia

Children's National. INOVA

DO NOT HAVE 
AFTER MIDNIGHT
on the day
of Surgery



Meat



Egg



Gum



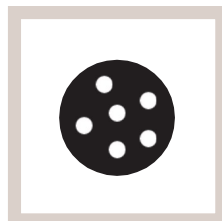
Formula



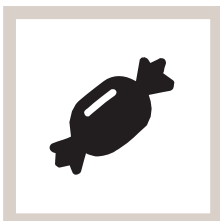
Milk



Fried Food



Cookies



Candy



Cereal



Apple Sauce



Orange Juice

OK TO HAVE 
ONLY UP TO 4 HOURS
before Surgery



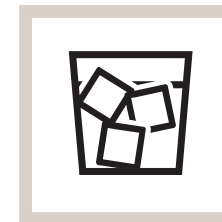
Water and clear soda
(such as Sprite™)



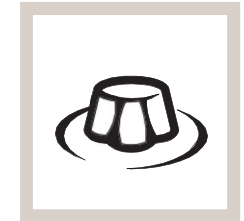
Popsicles
(no pulp, no milk)



Sports drinks
(such as Gatorade™)



Powdered drinks (such as
Kool-Aid™ & Crystal Light™)



Gelatin without fruit
(such as Jell-O™)



Apple juice (pulp-free)



Breast Milk

More detailed information is available in your
"Having Surgery" booklet.

You may talk to a member of our team Monday through Friday,
7 am – 2:30 pm at 571.766.3024.

PSVCare.org