



JOHNS HOPKINS
CHILDREN'S CENTER



The Hopkins Children's

Guide to Surgery



Dear Parents...

Welcome!

This book was created to help you prepare your child for the experience of coming to the Johns Hopkins Children's Center for surgery. It allows children to become familiar with what to expect the day of surgery, while providing an opportunity for them to express their related thoughts and feelings. Sharing this information in an honest, yet gentle way can help your child begin to gain trust in you and the medical team surrounding the hospital experience. This book can also be used as a journal to document his/her experience, so encourage your child to bring it the day of surgery. If your child asks a question you are unable to answer or you would like more information specific to your child's surgery, please feel free to contact your surgeon's office, or the following:

Anesthesiology Department:
410-955-7610

Pre/Post Surgical Child Life Specialist:
410-955-9652

You can also receive information on preparing your child on our website:

www.hopkinschildrens.org

We look forward to working with you and your child.

Sincerely,

Pediatric Pre/Post Surgical Staff



Welcome to

JOHNS HOPKINS

CHILDREN'S CENTER

The date of my surgery is: _____

My surgeon is: _____

I **have** **have not** had surgery before.

(circle one)



**“I am special, as special as can be!
No one in the world is just like ME!”**

Here is a drawing of me!

My full name is: _____

I am 3 4 5 6 7 8 9 _____ years old.

(circle one or write)

Here is a drawing of my family!

Draw or write something that makes you *smile*

Draw or write something that makes you *frown*

Surgery is when **doctors** make something in your body **better!**

A large, empty rectangular box with a black border, intended for a student to draw or write about their own surgery.

Draw or write what the doctor is going to make better in your body.

When you come to the **pre-op room**
you will meet **nurses**.



Nurses care for
you before and
after surgery.

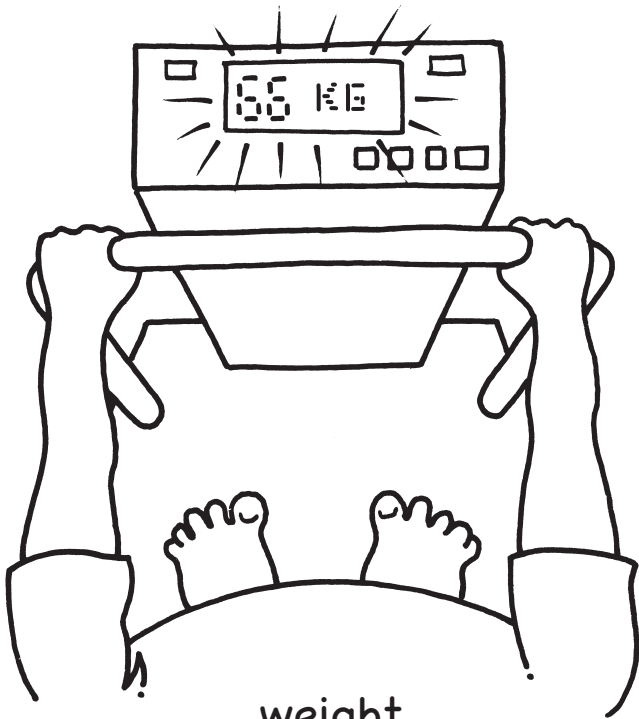
They will give you a **wrist band** that
has your name and birthday on it...



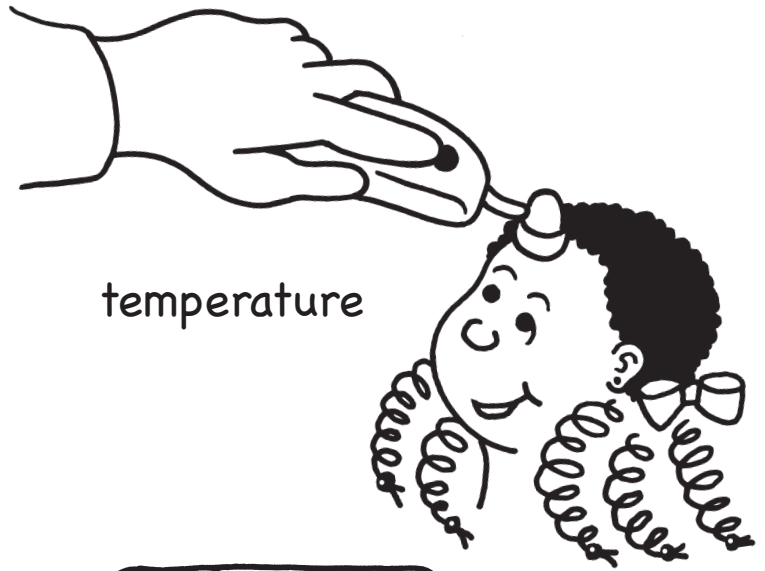
...and **hospital pajamas**
to change into.



The nurses will check your...



weight

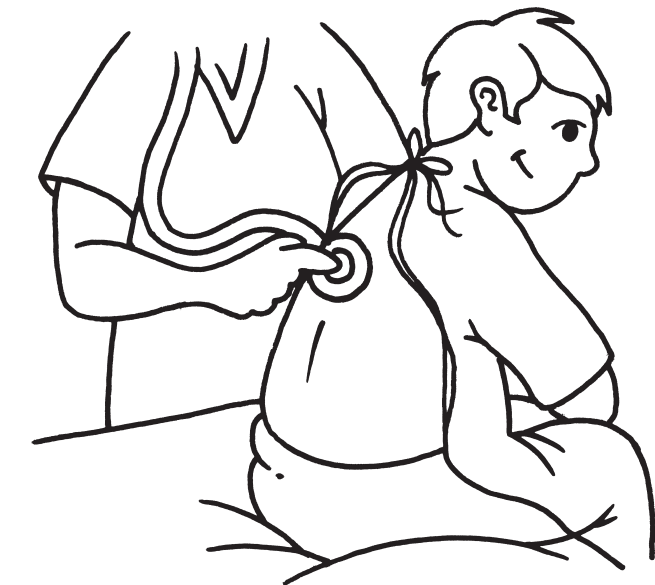
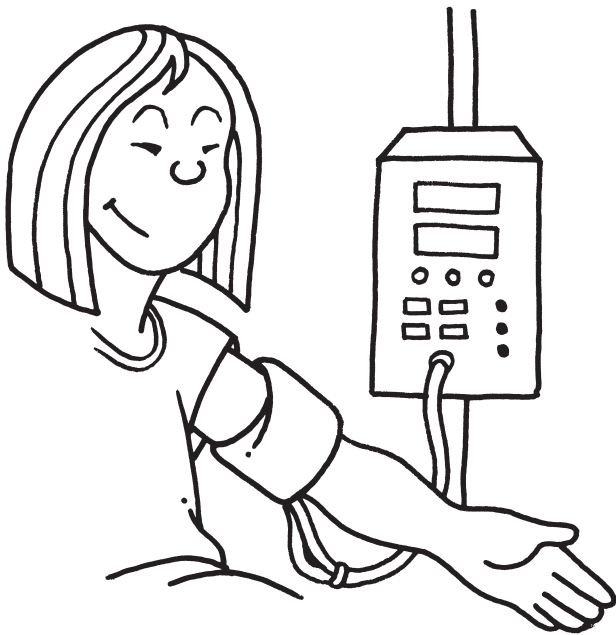


temperature



oxygen level

blood pressure



and listen to
your heart and lungs

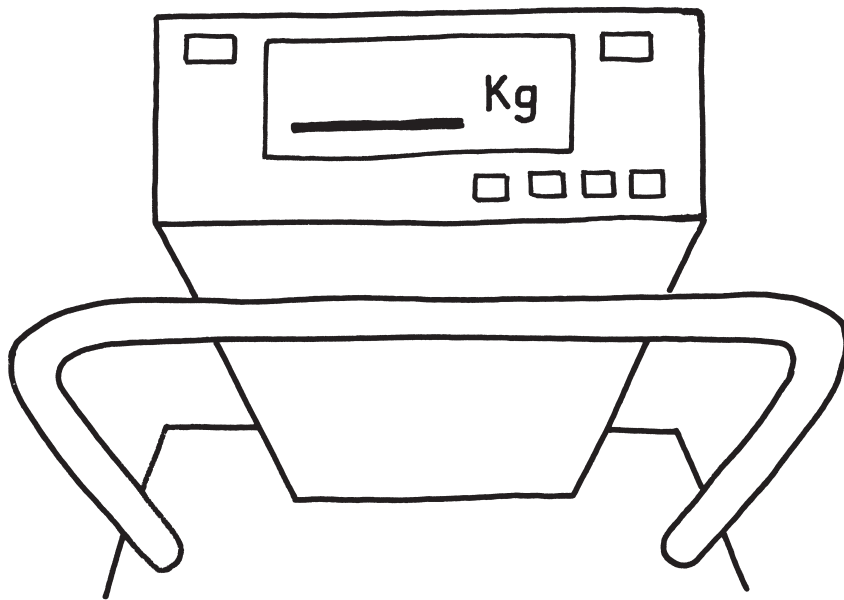
You can fill this page out on the day of surgery!

My nurses names are:

My height is...

My heart rate is...

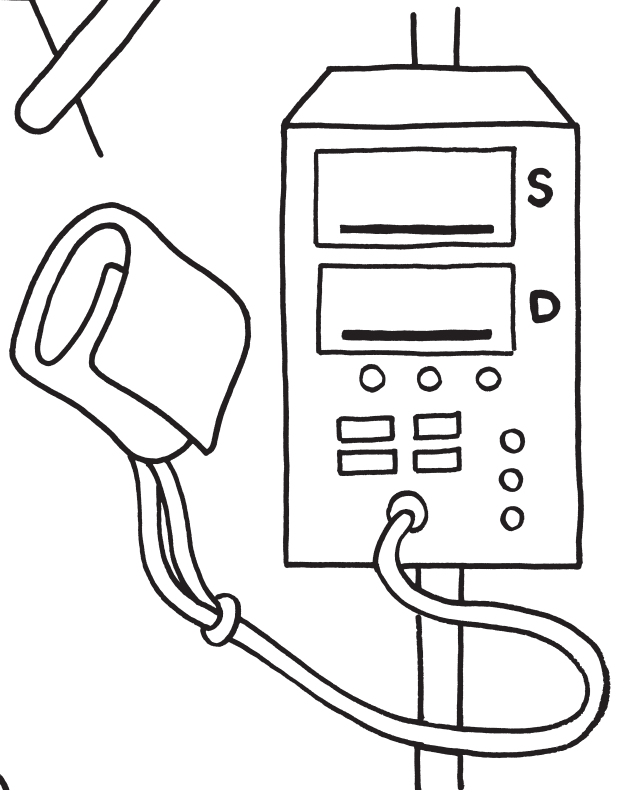
I weigh...



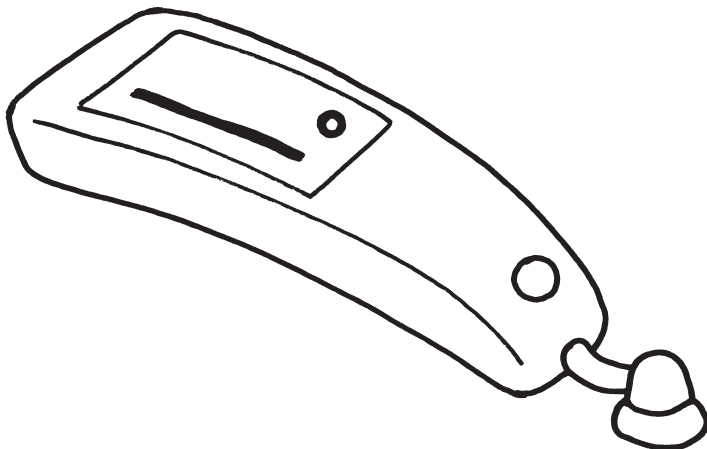
My oxygen level is...

%

My blood pressure is...



My temperature is...

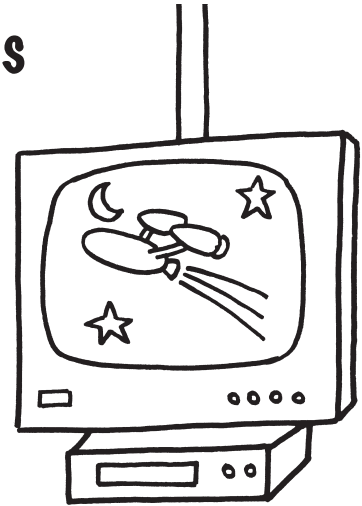


A **child life specialist** is a person who can help you understand what your visit will be like and find ways to make it easier.



You may feel hungry or thirsty while you are waiting. This is because you are not able to have anything to eat or drink before surgery. Some children think it is easier if they do something fun while they wait.

There will be lots of **toys** and **games** to play with.



There is a **TV** if you want to watch a show or movie.

You can bring things from home, like a favorite toy or blanket!
Draw or write what would you like to bring.

While you are waiting for surgery,
you will meet your doctors.



Your Surgeon

This is the doctor who
does the surgery.

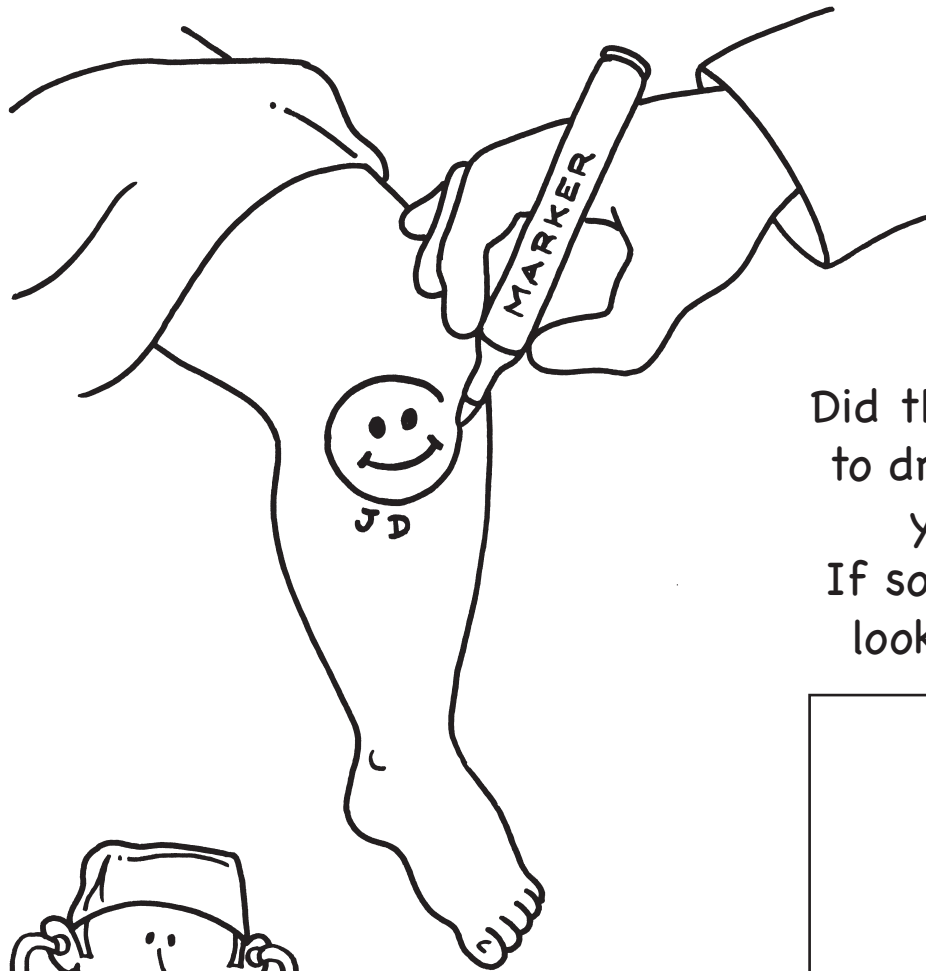


Your Anesthesiologist

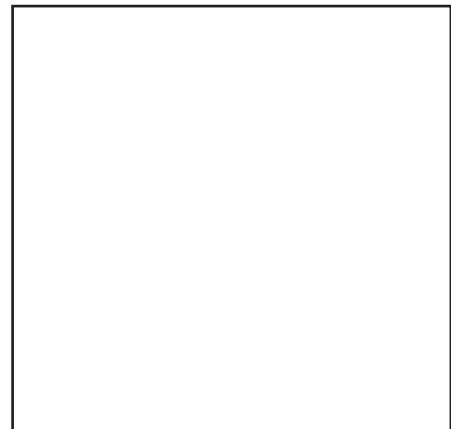
(an-es-thee-z-all-o-gist)

This is the doctor who gives
you a special kind of medicine
that helps you stay asleep
through the whole surgery so
you won't feel anything at all.
You can also call this doctor
the **sleepy medicine doctor**.

The surgeon may need to draw a little mark on your body where you'll be having surgery.



Did the doctor need to draw a mark on your body?
If so, draw what it looked like here.

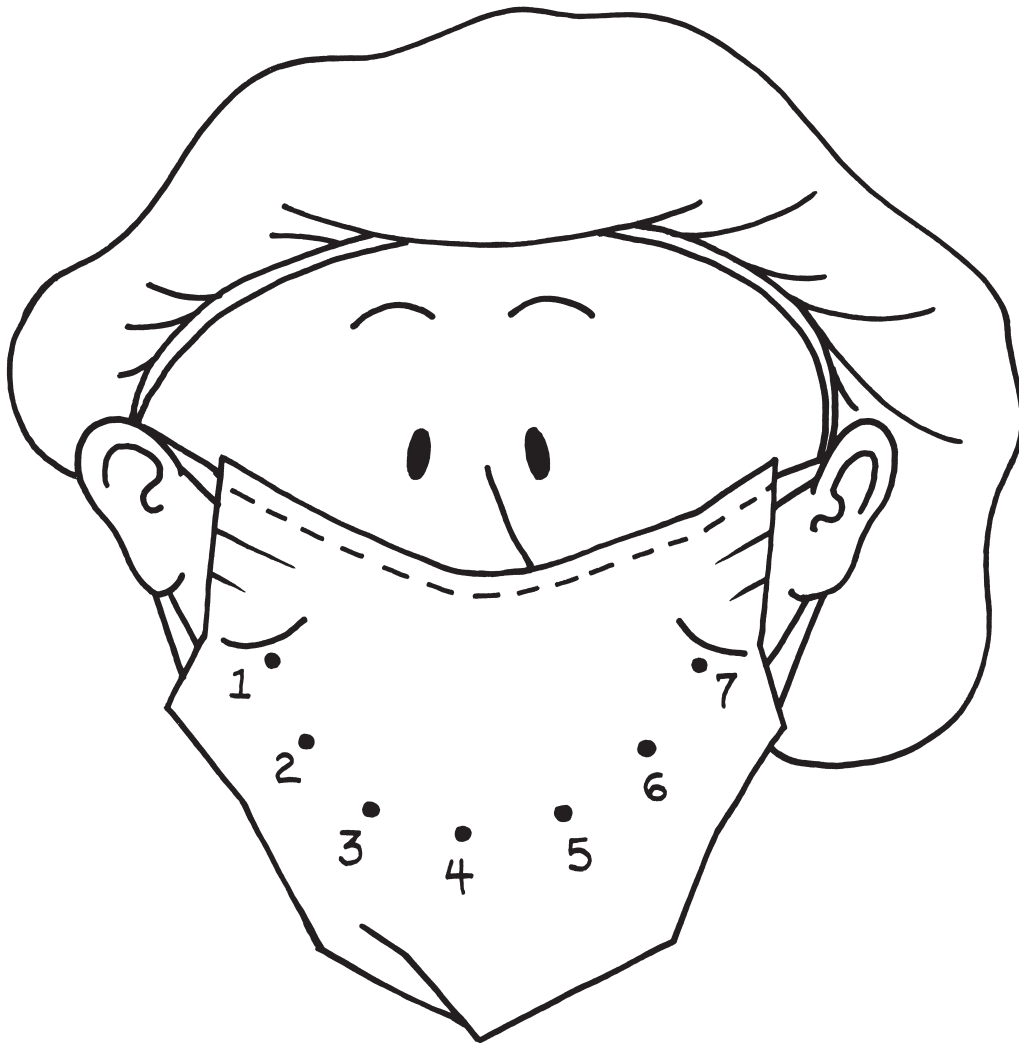


The anesthesiologist will listen to your heart and lungs.

This doctor may ask you to open your mouth, stick out your tongue, and show your teeth.

The rooms where surgeries are done (called **operating rooms**) are very clean and germ free.

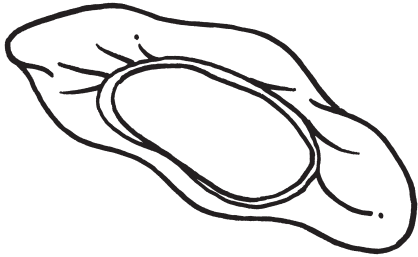
People who work in an operating room need to wear a hat and a paper mask around their nose and mouth to protect everyone from germs.



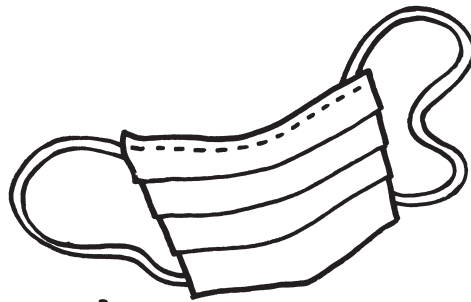
Connect the dots to see what face the doctor is making!

When it is time for your surgery, you get to pick one person from your family to go to the operating room with you.

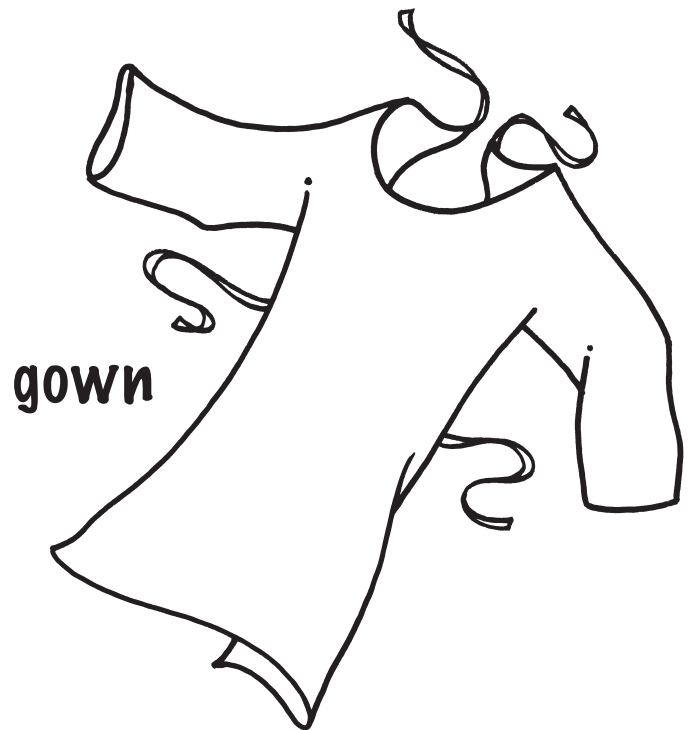
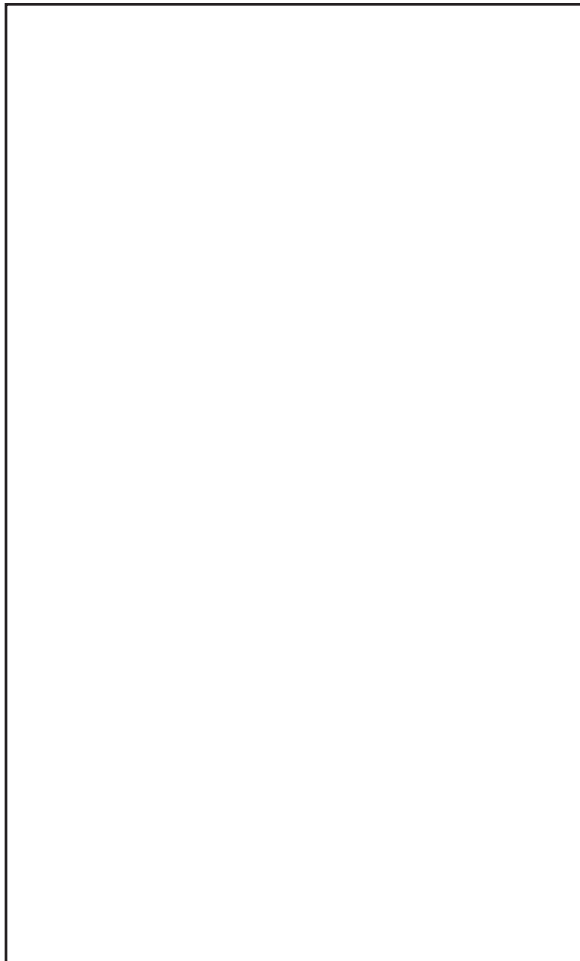
You will get to dress this person up in a...



hat



mask

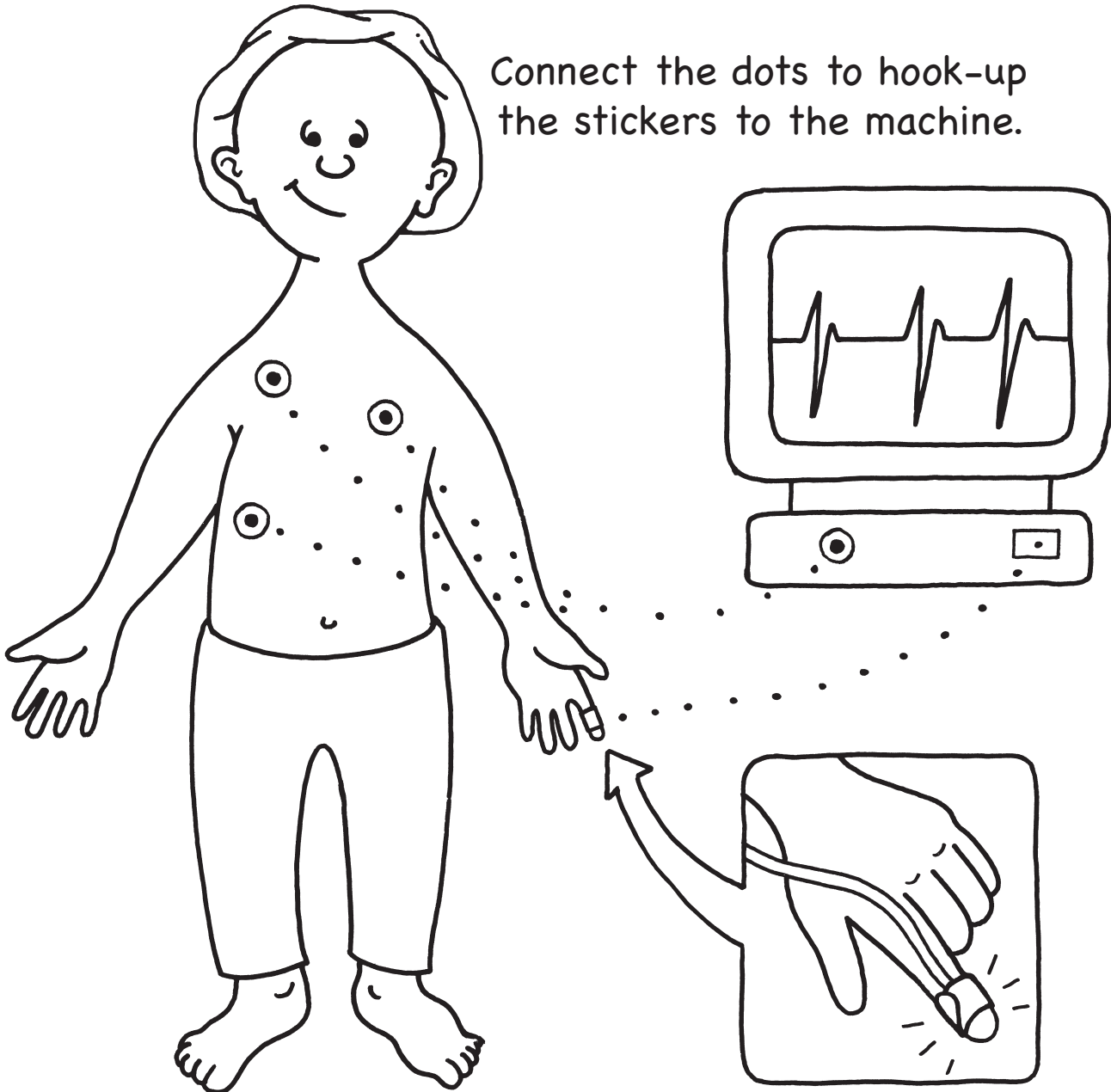


gown

Draw the person you will take with you wearing their hat, mask, and gown.

The doctors have a machine that tells them how your heart is beating and how you are breathing. The machine is connected to stickers placed on your body.

Connect the dots to hook-up the stickers to the machine.



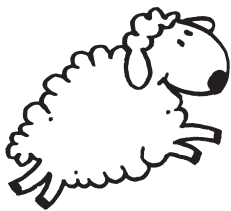
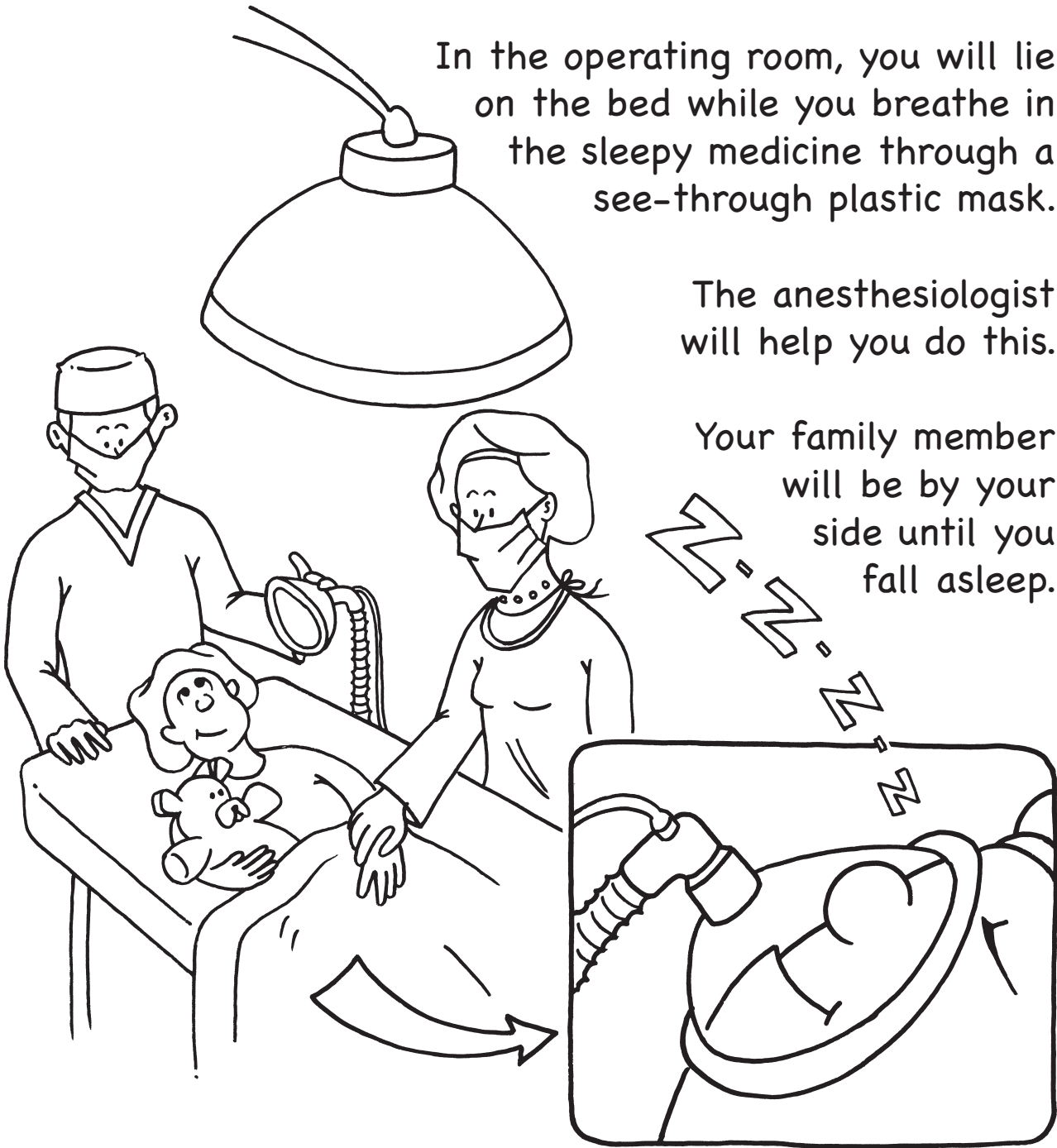
EKG leads are stickers that listen to your heart.

A **pulse-oximeter** sticker checks how much oxygen is in your body by using a little red light.

In the operating room, you will lie on the bed while you breathe in the sleepy medicine through a see-through plastic mask.

The anesthesiologist will help you do this.

Your family member will be by your side until you fall asleep.



1

2

3

4

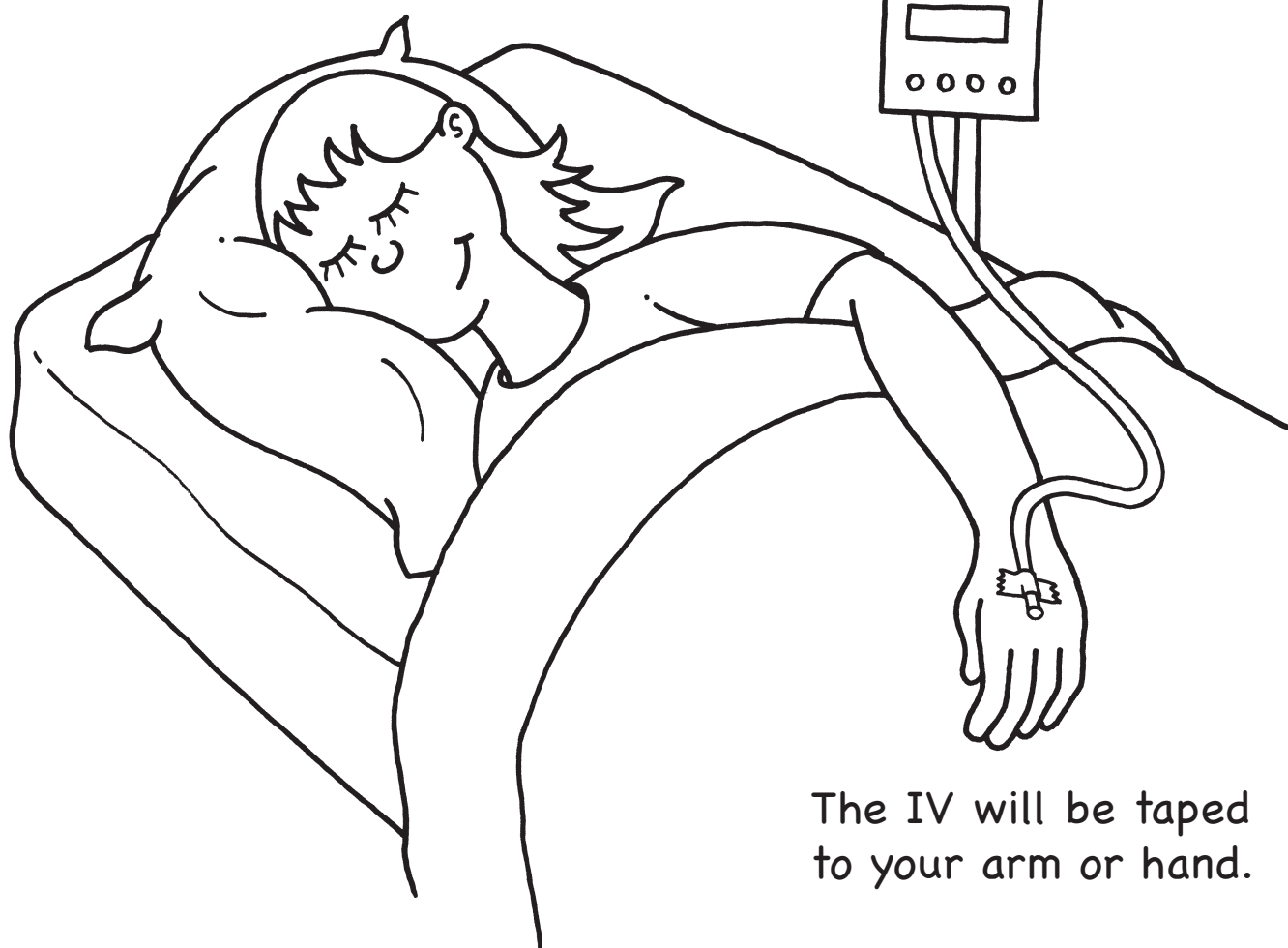
5

Circle how many
big breaths

you think you can take
before you fall asleep.

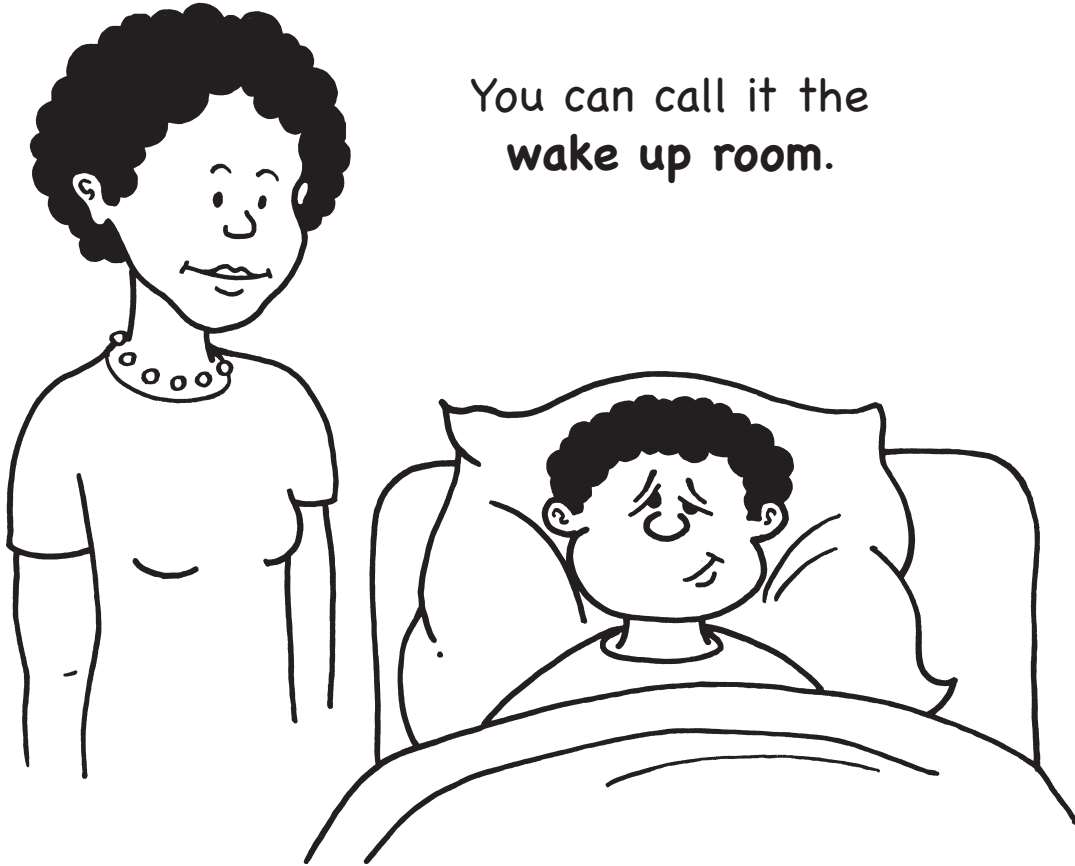
When you are asleep,
you will get water
or medicine
through a tiny
plastic tube...

...called an **IV**.



The IV will be taped
to your arm or hand.

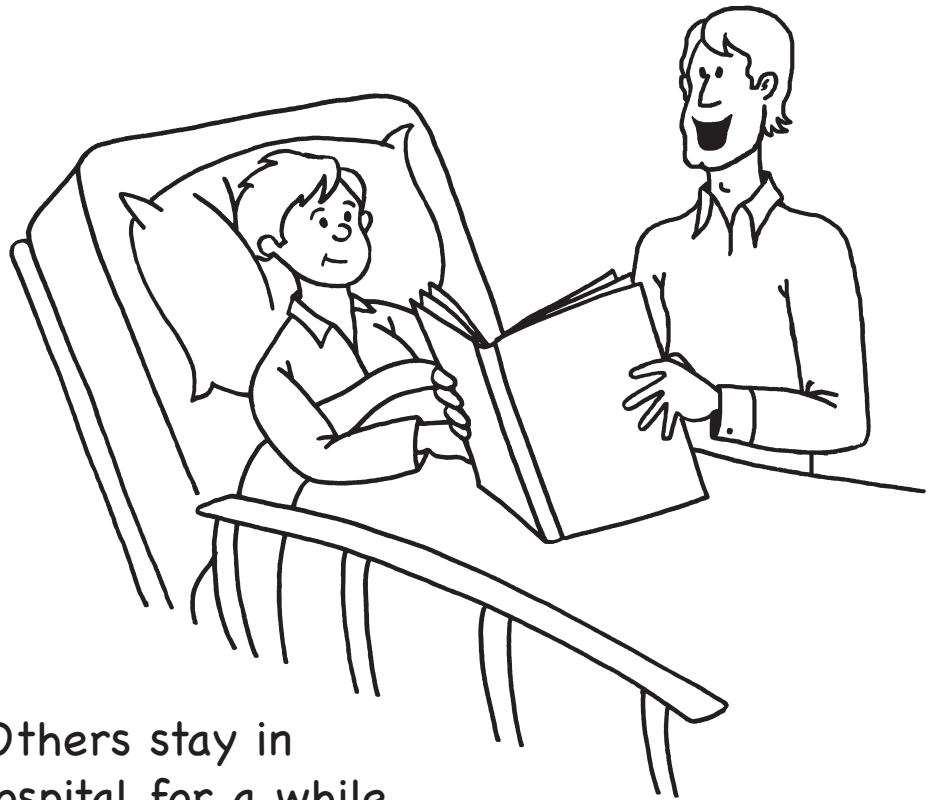
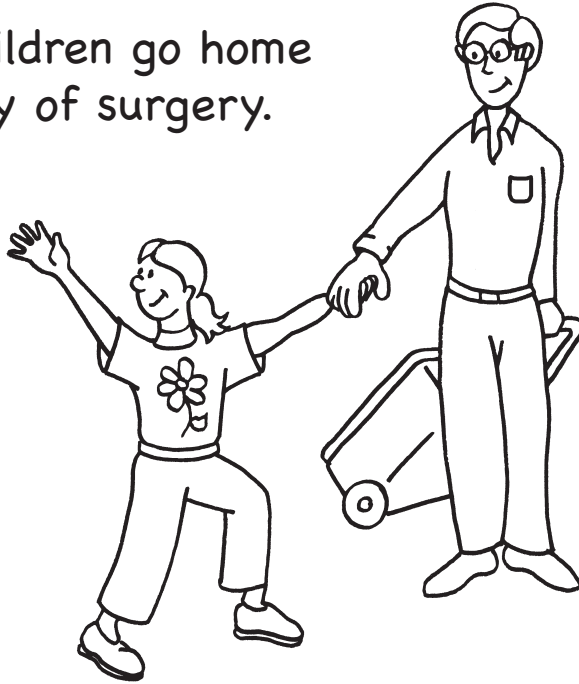
When your surgery is
all done, you will be in the
recovery room.



You can call it the
wake up room.

Some children feel dizzy or sleepy when they wake up.
Your nurses and family member will be there
to help you feel better.
Your job is to tell them how you are feeling.

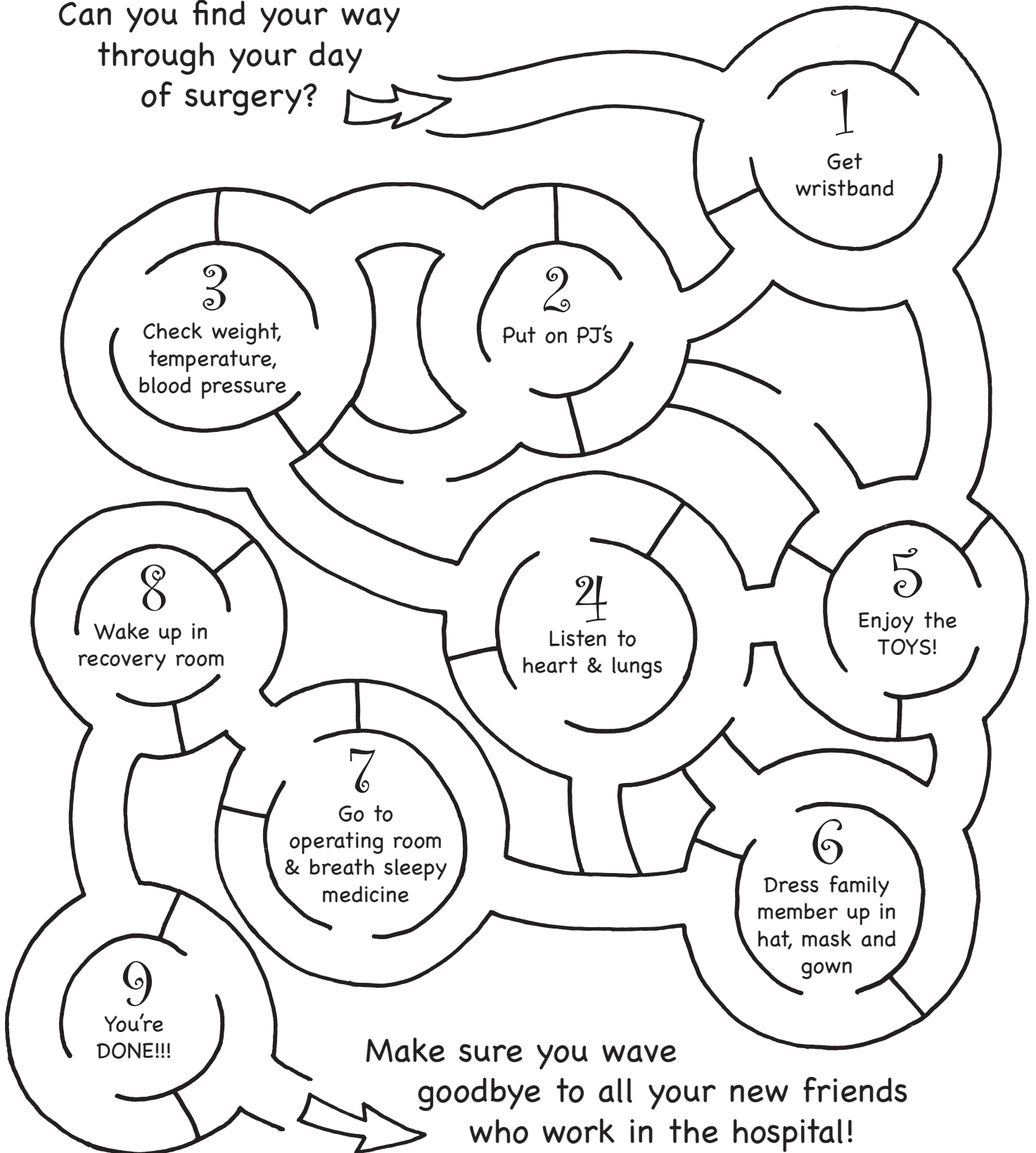
Some children go home
the day of surgery.



Others stay in
the hospital for a while.
If you do stay, a grown up in
your family can stay with you.

Your Hospital Visit

Can you find your way through your day of surgery?



Make sure you wave goodbye to all your new friends who work in the hospital!

Some of the people I met in the hospital were...

The best part about coming to the hospital was...

The hardest part about coming to the hospital was...

If one of my friends were to have surgery,
I would tell them...

Things Used in The Hospital

Can you **draw a line**
from the words to the matching picture?

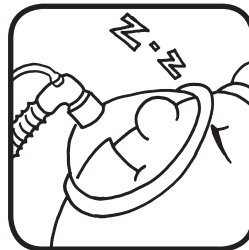
These stickers listen
to your heart



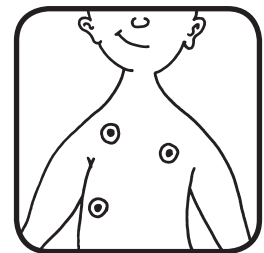
This checks
your temperature



This checks your
blood pressure



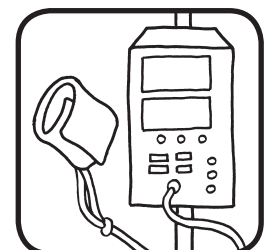
This sticker lights
up red and
checks your oxygen



This mask gives you
sleepy medicine



This hat and
mask protects you
from germs



Dr. Alpha Bet's Crazy Word Jumble

Can you make words from the scrambled letters below?

1. d r o c t o

— — — — —

2. n s e u g o r

— — — — —

3. d c h l i e l f i t s c i l i s a e p

— — — — —

4. e n s u r

— — — — —

5. y s g r u e r

— — — — —

6. t a s h t l o i g i s n e s e o

— — — — —

7. p h i o t s l a

— — — — —

Answers: 1. doctor, 2. surgeon, 3. child life specialist, 4. nurse, 5. surgery, 6. anesthesiologist, 7. hospital

Dr. Alpha Bet's Crazy Word Find

S	B	L	O	O	D	P	R	E	S	S	U	R	E
L	W	J	O	H	N	S	H	O	P	K	I	N	S
E	A	O	T	N	Y	X	Z	G	A	M	E	S	T
E	K	C	H	I	L	D	L	I	F	E	V	W	E
P	E	O	E	E	P	O	P	S	I	C	L	E	T
Y	U	O	R	T	C	C	T	S	R	Q	P	L	H
M	P	K	M	H	I	T	D	L	I	F	K	U	O
E	R	I	O	O	P	O	L	S	E	O	X	N	S
D	O	E	M	S	D	R	F	G	H	M	I	R	C
I	O	G	E	P	A	J	A	M	A	S	A	S	O
C	M	J	T	I	C	U	I	T	A	L	Y	S	P
I	N	E	E	T	B	I	R	E	S	S	U	E	E
N	U	R	R	A	L	C	A	U	R	E	N	R	G
E	R	A	N	L	I	E	P	M	O	V	I	E	S

Find the **bold** words in the puzzle (words go straight across or down):

- Games** - We have a lot, do you want to play?
- Popsicle** - Mmm...the Wake Up Room has some!
- Sleepy Medicine** - The real word is **anesthesia**
- Pajamas** - Did you put on your hospital PJ's?
- Cookie** - You can eat one in the Wake Up Room!
- Stethoscope** - Listens to your heart and lungs
- Blood pressure** - Did your nurse check yours?
- Juice** - You can drink some in the Wake Up Room!

- Thermometer** - Shows your temperature
- Child Life** - Who are they?
- Doctor** - Did you meet yours yet?
- Hospital** - Johns Hopkins
- Movies** - Do you want to watch one?
- Johns Hopkins** - Name of THIS hospital
- Wake Up Room** - Where you wake up

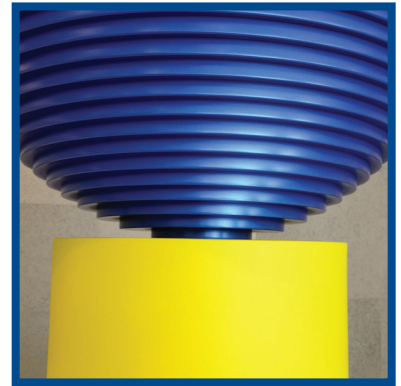
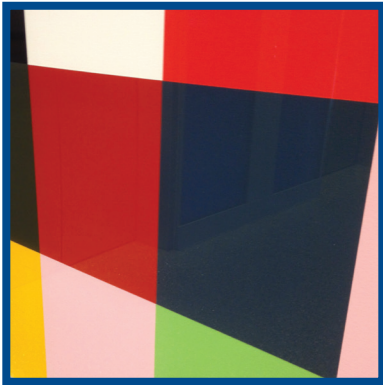
My Questions

Autographs



Look & Find

Can you find
these
really cool
things
around
the
lobby?



Created and developed by
Lauren Mitchell, CCLS
Jessica Correnti, CCLS
Child Life Specialists
and

Genie Heitmiller, MD
Associate Professor
of Anesthesiology and Pediatrics

Illustrated and designed by
Joseph M. Dieter, Jr.
Art Director
Department of Art as Applied to Medicine

Architectural rendering: **Perkins + Will**

Exterior glass: **Spencer Finch**

Sculptures: **Robert Israel**

Colorful squares: **Sylvan Lionni**

Alphabet "A": **Lauren Adams**

Printing support: **Sam Brenner Family Fund for Pediatrics**



JOHNS HOPKINS
CHILDREN'S CENTER