Children's
of Alabama®

Healthcare as amazing as their potential

HOW TO FIND US?

Your child's surgery/procedure will be at the (please check one):

_____ Children's of Alabama - Lowder Building
205-638-9597

✓ Benjamin Russell Hospital for Children
205-638-9596

McWane and Lowder Buildings:

Parking: Parking is available in Children's 7th Avenue Parking Deck, located across from the entrance of the McWane building on 7th Avenue South. Use the crosswalk on level 2 of the parking deck for direct entry to the hospital's second floor. After exiting the crosswalk, follow the hallway to the right through the hospital and into the Lowder Building. Enter the second glass-front waiting area immediately to your left and register at the One Day Surgery desk. You may also enter through the 7th Avenue Entrance. After entering the main lobby, turn right at the information desk and continue through the lobby into the adjacent Lowder Building. Take elevator to the 2nd floor. Enter the glass front waiting area immediately to your right and register at the One Day Surgery desk. *Parents and Family Clergy park free, all other visitors receive parking at a discounted rate. Please bring your Parking Deck Ticket with you so that it can be validated.*

Benjamin Russell Hospital for Children:

Parking: Parking is available in Children's 5th Avenue Parking Deck, located across from the entrance to the Benjamin Russell building on 5th Avenue South. Enter the parking deck on the 16th Street South side. Use the crosswalk on level 2 which will take you to the 2nd floor of the hospital. As you enter the hospital, you will use the public elevators to the right of the information desk and go to the 3rd floor. As you exit the elevator hallway, you will be at the Preop registration desk. *Parents and Family Clergy park free, all other visitors receive parking at a discounted rate. Please bring your Parking Deck Ticket with you so that it can be validated.*

CHILDREN'S HEALTH SYSTEM®

ONE DAY SURGERY • PRE-OP INFORMATION SHEET

Parents / Guardians Please Read Important Surgery Information

ARRIVAL INFORMATION

Please arrive at Children's Hospital

_____ _____ _____ at _____ as scheduled by your child's physician.

Month Day Year Time

If you have any questions as to your arrival time please contact your physician's office

Thank you for choosing our One Day Surgery for your child's upcoming surgery or procedure. Our goal is to provide the best possible care for you and your child. In order to accomplish this goal, we have developed these helpful guidelines for you to review before surgery. The One Day Surgery staff is eager to serve you. If you have any questions, please call us at (205) 939-9596.

Please do not give ANYTHING to eat or drink after midnight. [redacted]

The Day Before Surgery:

1. Call your physician if your child develops fever, cold, rash or has been exposed to any contagious illnesses (especially chicken pox). Your physician may wish to postpone your child's outpatient procedure or refer you to your regular pediatrician for a letter of clearance prior to having surgery.
2. Your physician will discuss pre-op instructions and arrival time with you as well. If you have any questions regarding your special instructions and/or arrival time please contact your physician.
3. It is important that your child's stomach be empty before undergoing anesthesia for surgery.
   - No solid food is allowed after midnight on the night before your child's procedure, which also includes formula, milk products, orange juice, breast milk, cereal, gum or hard candy.
4. If your physician has given you a One Day Surgery Booklet, please be sure to bring it with you on the day of surgery.
5. Patients are encouraged to continue their usual routine the night before surgery, including bathing, brush teeth, etc.

The Day of Surgery:

1. Please bring your parking ticket to One Day Surgery when you arrive. The staff will validate your ticket at any of our desks. Parents receive free parking. Visitors receive a discounted rate.
2. Patients under 19 must be accompanied by the custodial parent or a legal guardian. One parent or guardian must remain on the unit at all times.
3. All patients must be accompanied by a responsible adult. Patients are not permitted to drive after anesthesia and surgery.
4. Due to the size constraints, only two visitors at a time are allowed to stay with the patient in their room pre and post-op.
5. Smoking is strictly prohibited anywhere within the hospital.

Checklist for the Day of Surgery:

- Please feel free to bring the following items with you to One Day Surgery (these items may enhance your child's surgery experience):

___ Comfort items (i.e. pacifier, blanket, pillow, stuffed animal, PJ's, house shoes)
___ Special items (i.e. sippy cups, special bottles, breast milk pump, feeders, diapers & wipes)
___ Place a towel in your car (some children experience nausea and vomiting after surgery and during the car ride home)
___ Please dress your child in comfortable, loose fitting clothing.
___ Please bring your child's One Day Surgery Booklet if your physician has given it to you.

- Please remove the following items prior to arrival at the hospital (**these items are not allowed in the operating room**):

___ Jewelry, including earrings and any body piercings
___ Metal hair clips, braids etc.
___ Nail polish on fingers or toes
___ Contacts (Please bring your contact case and supplies)
___ Eye glasses (Glasses will be removed prior to entering operating room)

CHILDREN'S
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(APASS)

ANESTHESIA PRE-ADMIT SCREENING SERVICES

A patient is referred to the APASS department by their surgeon's office for a pre-anesthesia interview. Talking with APASS before your child's procedure is very important. We encourage ALL patients to go through the Anesthesia Pre-Admit Screening process prior to surgery. APASS interviews are conducted in the APASS clinic or via the phone. During the interview, you will be given information that will help prepare you and your child for surgery. Your child's medical and family history will be discussed and some of your questions regarding anesthesia will be answered. Our ultimate goal is to improve your child's entire surgical experience at Children's Health System.

HOW TO OBTAIN AN APASS EVALUATION

COMPUTER ACCESS:

Go to www.childrensal.org . Search the word apass. Then click on "Anesthesia Pre-Admit Screening Service." Click "Online Patient Questionnaire" on the left side of the page. Fill out and submit the questionnaire.

NO COMPUTER ACCESS:

Call the APASS department to set up a scheduled clinic appointment or phone interview.
APASS PHONE NUMBER 205-638-6235

APASS DEPARTMENT
HOURS: Monday through Friday
9 am to 4:430 pm
(alternate interview hours available upon request)
LOCATION: 2nd Floor of Children's Health System (Lowder Building)
inside the One Day Surgery Lobby
PHONE: 205-638-6235
FAX: 205-638-5242
EMAIL: apass@childrensal.org
WEBSITE: www.childrensal.org search word: apass

Please feel free to call (205) 638-6235 for more details.

Have a wonderful visit!

From I-65North to Children's of Alabama

5th Avenue Parking Deck (Benjamin Russell Hospital for Children Building and Emergency Department)

Travel I-65 North and take the University Boulevard/8th Avenue South (exit #259). Travel approximately one block to 13th Street South. Turn left on 13th Street. Travel four blocks and turn right on 4th Avenue South (one way street). Travel approximately three blocks to 16th Street South and turn right. Children's 5th Avenue Parking Deck is located on the left. The Benjamin Russell Hospital for Children building is directly across 5th Avenue from the parking deck. Children's Emergency Department is located at the corner of 16th Street South and 5th Avenue South in the Benjamin Russell Hospital for Children Building.

From I-65 South to Children's of Alabama

5th Avenue Parking Deck (Benjamin Russell Hospital for Children Building and Emergency Department)

Travel I-65 South taking the 4th Avenue South (exit #259B). Travel approximately four blocks on 4th Avenue South and turn right on 16th Street South. Children's 5th Avenue Parking Deck I located on the left. The Benjamin Russell Hospital for Children building is directly across 5th Avenue from the parking deck. Children's Emergency Department is located at the corner of 16th Street South and 5th Avenue South in the Benjamin Russell Hospital for Children Building.

From Hwy 280/31 North

Elton B. Stephens Expressway/Red Mountain Expressway to Children's of Alabama 5th Avenue Parking Deck (Benjamin Russell Hospital for Children Building and Emergency Department)

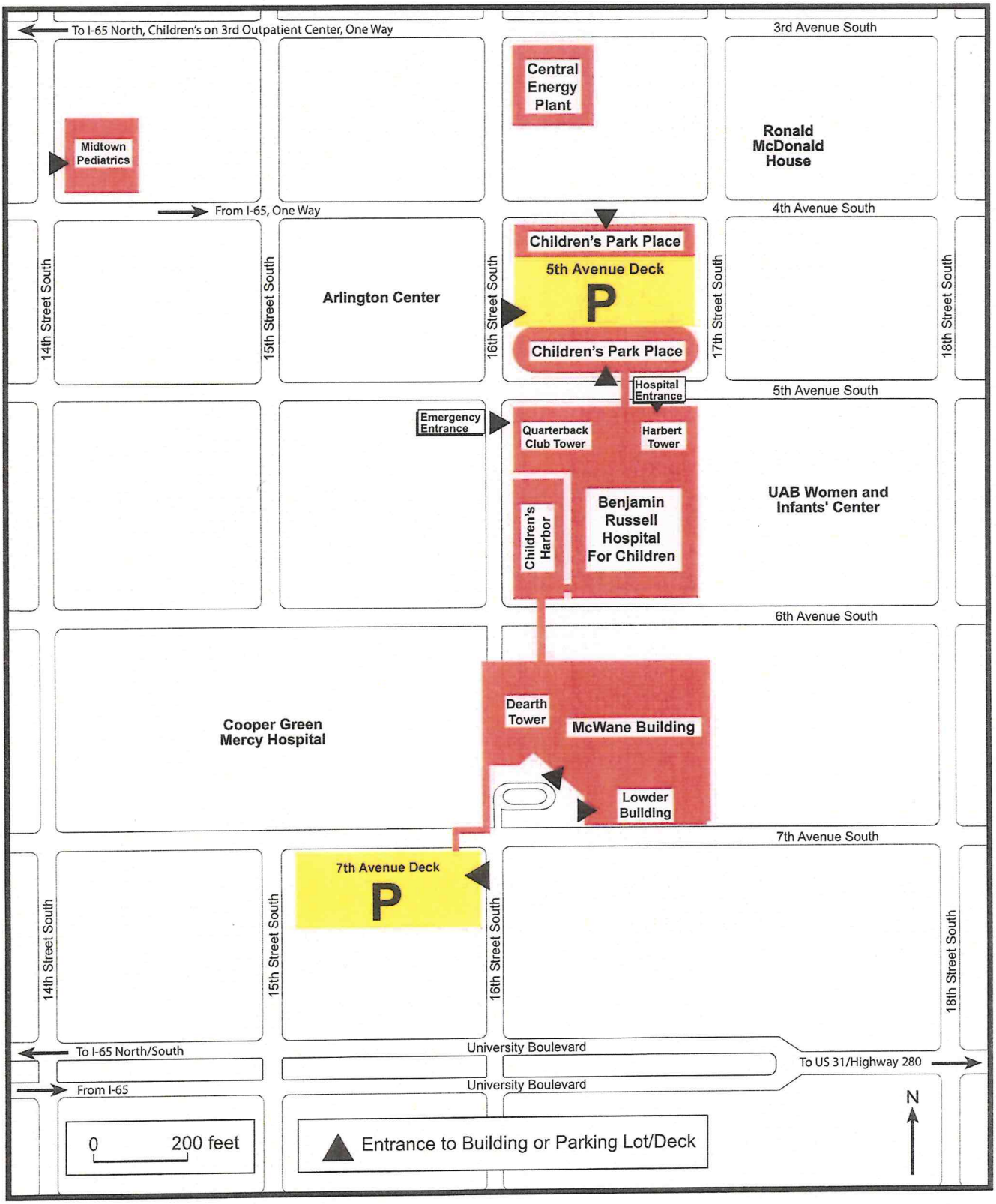
Travel North on Hwy 280/31 North – Elton B. Stephens Expressway/Red Mountain Expressway and exit onto 8th Avenue South/University Boulevard. At traffic light at end of ramp turn right onto 8th Avenue South/ University Boulevard. Travel seven blocks (approx. ¾ mile) and turn right onto 18th Street South. Travel three blocks and turn left onto 5th Avenue South. Travel approximately two blocks and turn right on 16th Street South. The Children's 5th Avenue Parking Deck entrance is located on the right. The Benjamin Russell Hospital for Children building is directly across 5th Avenue from the parking deck. Children's Emergency Department is located at the corner of 16th Street South and 5th Avenue South in the Benjamin Russell Hospital for Children Building.

From Hwy 280/31 South

Elton B. Stephens Expressway/Red Mountain Expressway to Children's of Alabama 5th Avenue Parking Deck (Benjamin Russell Hospital for Children and Emergency Department)

Travel I-20/59 to Hwy 280/31 South - Elton B. Stephens Expressway/Red Mountain Expressway (exit 126A). Travel approximately 2 miles and take the 3rd/4th Avenue South exit. At end of ramp turn right and take the first left onto 3rd Avenue South (one way street). Travel approximately 10 blocks to 16th Street South. Turn left on 16th Street South. The Children's 5th Avenue Parking Deck entrance is located on the left. The Benjamin Russell Hospital for Children building is directly across 5th Avenue from the parking deck. Children's Emergency Department is located at the corner of 16th Street South and 5th Avenue South in the Benjamin Russell Hospital for Children Building.

Children's of Alabama®



What You Need to Know about Infections after Surgery

CHILDREN'S HEALTH SYSTEM®

1600 7th Avenue South • Birmingham, Alabama 35233 • 205.939.9100 • www.chsys.org • Surgical Services

Simon the Loving Lion Says, "What You Need to Know about Infections after Surgery"



A Fact Sheet for Patients and Their Family Members

- Most patients who have surgery do well.
  But sometimes patients get infections.
- This happens to about 3 out of 100 patients who have surgery.
- Infections after surgery can lead to other problems.
- Sometimes, patients have to stay longer in the hospital.
- Rarely, patients die from infections.

Patients and their family members can help lower the risk of infection after surgery. Here are some ways:

Days or weeks before surgery:

- Meet with your surgeon.
- Bring an up-to-date list of all the medications you take. Talk with your surgeon about why you take each medication and how it helps.
- Let the surgeon know if you are allergic to any medication and what happens when you take it.
- Tell the surgeon if you have diabetes or high blood sugar.
- Talk about ways to lower your risk of getting an infection. This may include taking antibiotic medicines.

The day or night before surgery:

- Take extra good care of your body.
- Do not shave near where you will have surgery. Shaving can irritate your skin which may lead to infection. If you are a man who shaves your face everyday, ask your surgeon if it is okay to do so.
- Keep warm. This means wearing warm clothes or wrapping up in blankets when you go to the hospital. In cold weather, it also means heating up the car before you get in. Keeping warm before surgery lowers your chance of getting an infection.

At the time of surgery:

- Tell the anesthesia provider (doctor or nurse who puts you to sleep for surgery) about all the medications you take. A good way to do this is with an up-to-date medication list.
- Let the anesthesia provider know if you have diabetes or high blood sugar. People with high blood sugar have a greater chance of getting infections after surgery.
- Speak up if someone tries to shave you before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.
- Ask for blankets or other ways to stay warm while you wait for surgery. Find out how you will be kept warm during and after surgery. Ask for extra blankets if you still feel cold.
- Ask if you will get antibiotic medicine. If so, find out how much medicine you will get. Your doctor will tell you how much you need.

If you have any questions, please call your surgeon's office.

September 2009

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Getting Your Child Ready for Surgery

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Simon the Loving Lion Says, "Getting You Ready for Your Surgery"



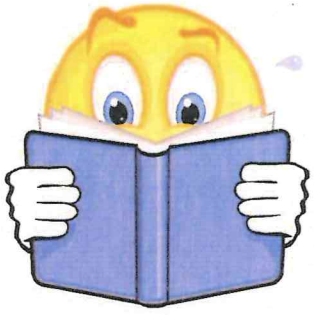
Getting Your Skin Ready for Your Surgery

Cleaning your skin before surgery can reduce the risk of an infection after your surgery.

Directions:

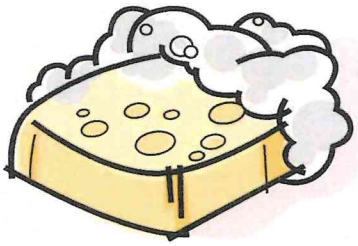
- Your child needs to be given or needs to take a shower or bath the night before their surgery.
- They need to wash the entire body from the chin down to the tips of their toes with Dial® or Safeguard® soap, being sure to rinse well.
- They need to wash the face with their regular soap.
- Shampoo hair with regular shampoo.
- DO NOT shave any part of the body for 24 hours before surgery.

Please put your initials and date on the following when you have completed.



Read the Instructions
"What You Need to Know about Infections after Surgery"

Initials_____ Date_____



Bath/Shower with Dial® or Safeguard® soap and washed hair.

Initials_____ Date_____

***Bring this sheet with you when you come to the hospital for your surgery.**

If you have any questions, please call your surgeon's office

September 2009

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