

IF YOUR CHILD IS AGED 0 TO 6 YEARS:

Memory capacity is still developing in children aged 0 to 6 years; therefore, wait for the day of surgery to speak. At this range of age, children think concretely. Tell them what will happen shortly and honestly with simple and well-chosen sentences. Prefer the words like “repair” or “heal” instead of “cut” or “remove”. Tell your child that this operation is no means a punishment. Do not scare your child with procedure, nurses or doctors while you are trying to make her/him do something. Tell her/him that eating before the surgery will make her/him sick. Children aged 3 to 6 years process their emotions and thoughts through playing. Therefore, it is a good way to play game with your child to explain what will happen. For example, inform your child about the procedure with a doctor role-playing game. Read books about going to hospital and having surgery with your child -if you can find the books- and talk about the issue.

IF YOUR CHILD IS AGED 7 TO 12 YEARS:

Many basic rules that apply to kids are also valid for this age group. Nonetheless, do not wait for the day of surgery to talk to your child. It is beneficial to talk one day before the surgery or several days before the surgery if your child is elder. Make a realistic explanation about the procedure and why it is necessary. Let your child ask questions and clearly speak to you about his/her worries. Assure her/him that she/he will be sleeping and will not feel pain throughout the surgery. Emphasize that it is normal to cry when she/he feels uncomfortable.

IF YOUR CHILD IS AGED 13 TO 18 YEARS:

Adolescents easily search online the issues they wonder. Therefore, it is extremely important to honestly tell the children at these ages about the surgery and why it is needed. Answer his/her questions in detail or if you cannot, encourage her/him to ask all questions to the treatment team. Remind her/him that it is normal to cry when she/he feels uncomfortable. It is important for adolescents to feel free and to be treated like an adult. Therefore, do not behave like they are babies when they are scared, worried or crying; let them be independent individuals. Let them join the conversations about the treatment and make them feel the situation is under their control.

WHAT SHOULD I WATCH FOR AT THE DAY OF SURGERY?

Your child may normally feel nervous on the day of surgery. The child may be sad, nervous or may cry while she/he is transferred to operating room. Our team is experienced in calming down the children before anesthesia is administered. However, your behaviours as parents will ensure that your child will easily deal with this process.

- You can bring toys and books to the hospital to make her/him play around while waiting for procedures.
- When it is time to enter into operating room, be honest to your child. Tell her/him that it is time to enter into the room and see the doctor. Do not give impossible promises about the place such as “We will see the spaceport”.
- Tell your children the procedures step by step and repeat them jointly. Children worry about what they do not know or expect.
- You should necessarily inform the child about exactly when you will leave, where you will wait for her/him and where you will be when she/he is recovered from anesthesia. Tell her/him that you will be near her/him when she/he wakes up. She/he will feel better when you tell her/him that you will not leave her/him.
- Let your child express his/her feelings. If she/he wants to cry, make her/him feel safe by hugging her/him. Tell her/him that it will end.
- Preoperative fasting should be paid attention regarding the anesthesia. Your child should stop eating and drinking at least 6 hours before the surgery. She/he can only drink some water until 2 hours before the surgery. You should necessary remind that she/he can eat again after the surgery.
- Your child may feel uncomfortable after the surgery. Calm your child by touching her/him and tell that she/he will get better although she/he is not feeling well at that time.
- Distract your child's attention with a book or a story you tell will make the recovery period more enjoyable. Be sure that she/he listens to you well meanwhile.

? Please contact us if you need assistance to prepare your child for operation.
American Hospital Psychiatry Phone: +90 212 444 3 777 - 1752



I AM HAVING A SURGERY

It is normal to feel a little worried and even scared while going to hospital if you will undergo surgery! Many children, like you, present to hospital, undergo various surgeries and return to home every day. They are also scared when they first arrive. It is beneficial to remember these:

- Your family will be with you.
- There are many nurses and doctors who will answer your questions at the hospital. Feel free to ask your questions!
- Everybody at the hospital is there to recover you and they will do everything to make you feel comfortable.
- As you are not familiar with hospital and surgery, you may feel worried, scared or unhappy. When you feel uncomfortable, tell this to your family or nurses.
- After you are discharged from the hospital, you will gradually feel much better.

DAY OF SURGERY:

You will meet many people and visit new places when you undergo surgery. Let's meet them together:

- **Doctor:** The duty of this person is to perform your surgery and heal you. You have met her/him before the day of surgery. Doctor is the person who knows most about your problem; you can ask every question to the doctor.
- **Anesthesiologist:** The duty of this doctor is to help you sleep in the surgery and ensure that you do not feel pain. You will meet her/him before the surgery. You cannot eat on the day of surgery; this is very important. Don't worry; you can eat food again when you are discharged from the hospital.
- **Nurse:** This person prepares you for the surgery. She/he can measure your body temperature, check out your blood pressure with an inflatable device and listen to your heart sounds to be sure that you feel good. Nurses know many things about the hospital; you can ask your questions to them.
- **Porter:** This person's duty is to make you comfortable while you are transferred in a wheelchair to and from operating room.
- **Anesthesia room:** You will dress and meet your anesthesiologist before the surgery. They will tell you what will happen step by step. They will give you a specific medication and make you sleep comfortably. You can ask your questions before you fall asleep.
- **Operating room:** Your surgery will be performed in this room. There are many bright and noisy devices here. The doctor, nurse, anesthesiologist and assistant will also be there.
- **Recovery room:** You will be transferred to this room, after your operation is completed. Your family will be with you when you wake up. You can rest in there until you feel well. The nurses will take care of you to make you feel better. When you completely wake up, you will go to a room upstairs or be discharged to home.





QUESTIONS FREQUENTLY ASKED BY CHILDREN

Children usually ask many questions about hospital. You also can have questions in your mind. Let's see if the answers of your questions are written here. If not, you should ask someone at the hospital!

* AM I HAVING SURGERY BECAUSE I DID SOMETHING WRONG?

Absolutely not! Undergoing a surgery is not because you did something wrong. Some diseases require a surgery to treat them. Everybody undergo surgery for different reasons, but this is not anyone's fault.

* WILL I FEEL PAIN DURING SURGERY?

Absolutely not! Anesthesiologist will give you a specific drug and make you sleep comfortably. You will not feel anything. This sleep is a little different from how you sleep at home. You don't need to feel tired or do anything to sleep. The drug itself helps you to sleep. As soon as surgery is completed, the doctor will stop giving you the drug and you will wake up. You may feel a bit tired in the day you are administered this special drug.

* WHY EVERYONE IN OPERATING ROOM WEARS MASK?

It is very important that the operating room is clean and free from microbes. Everybody wears masks that cover their mouths and noses and bonnets that cover their hair to ensure that there are no microbes in the environment. They even wear special shoes.

* HOW WILL I LOOK IN THE SURGERY?

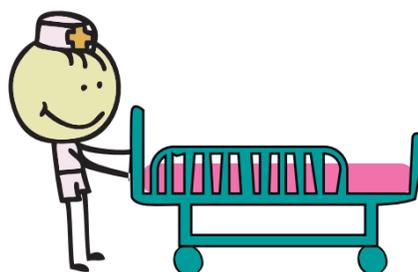
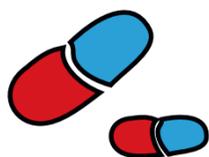
In the surgery, you will look like you are sleeping as usual. You will be lying on a bed and your eyes will be closed, you will be worn a patient gown. Your doctor will open only the surgical site.

* WILL MY PARENTS BE WITH ME ALL THE TIME?

When you are transferred to the room for preparation, your family will be with you. They will be with you until your anesthesiologist makes you sleep. When you sleep, you will be transferred to the operating room. Your family will wait for you at the waiting room, wherein you have sat soon before. When the surgery is completed, you will be transferred to the recovery room and your family will be called to enter the room. You will see your family besides you when you wake up. Shortly, they will be with you while you sleep and when you wake up. They cannot come to the operating room, since only healthcare professionals are allowed.

* WHAT CAN I BRING WITH ME?

You can bring your toys, books or music player to relax you. For example, the teddy bear that relaxes you when you hug, a game that you cannot realize how fast the time passes when you are playing it, your favourite book, a music album with your favourite songs will help you spend more fun time at the hospital.



MY CHILD IS HAVING A SURGERY!

Having a surgery can be a worrying condition both for children and their families. You can prevent that your child is negatively affected by telling her/him about surgery in advance. The unspoken issues will be understood as "dangerous" by children and make them scare. Therefore, explaining the condition to your child and talking about what will happen on the day of surgery help her/him feel safe and encourages her/him to ask questions.

HOW SHOULD I TELL MY CHILD ABOUT THE SURGERY?

- ✓ When the date of surgery is determined, you should plan when you will talk to your child and how you prepare her/him for surgery.
- ✓ Prefer a quiet and peaceful time to talk this issue with your child.
- ✓ Be careful to sound relaxing and calm while talking to your child. Children learn the emotions from their families. Reduce your anxiety by gathering information about the surgery and asking all your questions. After your anxiety decreases or when you control your stress, talk to your child.
- ✓ Ask your child what she/he knows about hospital or surgery and what comes to his/her mind when hearing these words.
- ✓ Inform your child about the reasons of surgery, but try to choose words that are appropriate for his/her age.
- ✓ Make your child understand that the surgery is the right thing to do and boost her/his confidence. Emphasize that this is necessary for healing rather than a punishment.
- ✓ It is very useful to make the children feel they are not alone. Say "Children with the same problem also had this surgery and then they felt very well" to tell them that others also have undergone the surgery and it is necessary.
- ✓ Avoid the words that may arouse a feeling of danger. Tell them "The doctor will solve this problem and heal you" instead of sentences that arise fear such as "The doctor will cut you" or "she/he will stitch your skin" etc.
- ✓ Do not give promises that you cannot keep. For example, do not say "I promise you won't feel pain". When you are helpless, you can say "I don't know".
- ✓ Let her/him ask questions while you are talking. In this manner, you can learn his/her false beliefs about the procedures. Correct his/her wrongs and give his/her correct information in an appropriate manner.
- ✓ Be careful about your child's emotions. If she/he faces difficulty, create an environment to talk about his/her feelings. If she/he cannot talk, help her/him to express his/her emotions with different methods like pictures and games.
- ✓ Help your child to recognize the hospital and the surgery to be performed.