

# Pre-operative instructions for pediatric patients

Patient: \_\_\_\_\_

Surgeon: \_\_\_\_\_

Care Coordinator: \_\_\_\_\_

Surgery date: \_\_\_\_\_

Procedure: \_\_\_\_\_



## CONTACT INFORMATION

During business hours, please call UCLA Neurosurgery: **310-825-5111**. Ask to speak with your surgeon.

After business hours, please call the UCLA page operator: **310-825-6301**. Ask to have the neurosurgical resident on call contacted for urgent questions.

Pre-Operative Evaluation and Planning Center (200 Medical Plaza): **310-794-1106** or **310-794-1085**.  
Please call between the hours of 3:00 p.m. and 5:00 p.m.

## 1. IN PREPARATION FOR YOUR CHILD'S SURGERY

### Does my child need to see any other doctor before surgery?

- ☐ **Please call your child's primary care doctor** to have preoperative laboratory tests as well as a history and physical performed within 30 days of your child's surgery. Please verify with your care coordinator if she/he will schedule the appointment(s).
- ☐ If your child is under the care of a cardiologist, pulmonologist, hematologist-oncologist or other medical specialist, please inform your surgeon as additional pre-operative evaluations may be necessary.

### How do I manage my child's medications before surgery?

- ☐ If your child is taking any **blood-thinning medications**, such as aspirin, or medications for diabetes and have not received instructions about when to stop them, please contact your surgeon's office immediately. Continue all other medications as prescribed by your child's doctor.
- ☐ If your child is taking daily or scheduled prescription medications, he/she may take them with a small sip of water on the day of the surgery **no later than 4:30am**.
- ☐ If your child takes any herbal supplements, please stop them as soon as possible before surgery unless instructed otherwise by your child's doctor.

**PLEASE** ask your surgeon when your child should stop taking the medications below.

☐ **ASPIRIN OR ASPIRIN-CONTAINING PRODUCTS**

Plavix

☐ **NON-STEROIDAL ANALGESICS (NSAIDS)**

Motrin

☐ **ANTICONVULSANT**

Valproic Acid


*If you are unsure if your medication(s) contain aspirin, please consult your pharmacist.*

### Is there any special skin/hair preparation before surgery?

- ☐ Please do not cut your child's hair or shave their back/neck before surgery.

### When is the last time my child can eat or drink before surgery?

- ☐ For your child's safety and to avoid delay of surgery, it is important to follow instructions about eating or drinking before surgery.
- ☐ See the following page for the specific eating and drinking instructions (also referred to as "fasting" or "NPO" guidelines) for which your child is required to follow before his or her surgery or procedure. If you were given personalized fasting instructions from your child's doctor, please follow those instead.

|  | <b>Clear Liquids</b><br>include liquids you can see clearly through (e.g., Pedialyte, water, Gatorade, apple juice, Jell-O or broth); orange juice and sodas are NOT clear liquids | <b>Breastmilk and Formula</b><br>does NOT include breastmilk or formula mixed with a blenderized or pureed diet | <b>Light Meals</b><br>include plain bread or rice, dry cereal, steamed vegetables or potatoes without sauce; does NOT include any fatty or fried foods | <b>Solid Foods</b><br>include items part of your regular diet, gum, candy, or mints |
|---|--|---|--|---|
| <b>Infants:</b><br>Less than 6 months   | STOP consumption <b>2 hours</b> prior to the time surgery is scheduled   | STOP consumption <b>4 hours</b> prior to the time surgery is scheduled  | N/A  | N/A   |
| <b>Toddlers:</b><br>6 months and older, but less than 3 years                     | STOP consumption <b>2 hours</b> prior to the time surgery is scheduled   | STOP consumption <b>6 hours</b> prior to the time surgery is scheduled  | N/A  | STOP consumption <b>8 hours</b> prior to the time surgery is scheduled              |
| <b>Children:</b><br>3 years and older, but less than 12 years                     | STOP consumption <b>2 hours</b> prior to the time surgery is scheduled   | N/A   | STOP consumption <b>6 hours</b> prior to the time surgery is scheduled   | STOP consumption <b>8 hours</b> prior to the time surgery is scheduled              |
| <b>Adolescents and adults:</b><br>12 years and older                              | STOP consumption <b>2 hours</b> prior to the time you are told to arrive   | N/A   | STOP consumption <b>6 hours</b> prior to the time you are told to arrive   | STOP consumption <b>8 hours</b> prior to the time you are told to arrive            |

### What if English is not my first language?

- ☐ **A representative from Interpreter Services is always available at no cost.** Please notify the Pre-Operative Evaluation Center at **424-259-8070** or **310-794-1085** the day before the surgery if you will need an interpreter.

## 2. THE DAY PRIOR TO YOUR CHILD'S SURGERY

### What do I do if my child feels sick the day before surgery?

- ☐ If your child has a fever, flu, or any other concerning symptoms, please notify the surgeon's office as soon as possible prior to the surgery, as the surgery may need to be postponed.

### Can the planned surgery start time change?

- ☐ Your doctor's office will give you a preliminary time your child's surgery is scheduled to take place. One business day before your child's surgery—usually after 3:00 pm—you will be contacted by a registered nurse from the UCLA Ambulatory Surgery Center in Westwood who will confirm your arrival time.

- Please note that since changes may occur in scheduling, your confirmed surgery time may be different from the preliminary scheduled time. **Please refrain from scheduling activities around your surgery, as the confirmed time may change from morning to afternoon, or vice versa.**
- If you have not received a call by 5:00 pm the day before your surgery, please call the UCLA Ambulatory Surgery Center in Westwood at **310-794-1085**.
- If your child's surgery is on Monday, you will receive the phone call the preceding Friday.
- Please tell the nurse if your child recently had or currently has a cold or fever. Anesthesia is not safe if your child has recently had a cold or respiratory tract infection.
- Please report any injuries, infection at surgical site, tooth infection, or other condition that may require postponement of your child's surgery.
- Please let the nurse know if your child will need wheelchair assistance.

### What do I bring to the surgery center?

- ☐ Since we are unable to replace lost or misplaced personal items, we recommend that you bring only essential items to the hospital, such as glasses, home oxygen monitors or hearing aids. If your child has a special toy, item or video that helps keep him/her comfortable, it is recommended to label it with your child's name.

### **A reminder of what you can bring to the hospital for your child:**

| INFANTS   | TODDLERS  | SCHOOL AGE   | ADOLESCENTS   |
|---|---|--|---|
| <b>comfort items:</b><br>blankets<br>stuffed animals<br>pacifiers | <b>favorite items:</b><br>blankets<br>stuffed animals<br>toys<br>books<br>DVDs<br>pajamas | <b>favorite items:</b><br>blankets<br>pillows<br>slippers<br>toys<br>books<br>handheld games<br>laptop | <b>favorite items:</b><br>pillow<br>books<br>games<br>laptop<br>tablet<br>phone and charger |

### 3. THE DAY OF YOUR CHILD'S SURGERY

#### How do I get to the Ambulatory Surgery Center in Westwood?

- ☐ See page 7 for instructions and maps.

#### Where do I check in with my child?

- ☐ The Surgery Center is located in the **200 Medical Plaza building at UCLA, Westwood Plaza, Los Angeles, CA 90095. 6th Floor, Suite 660**. Check-in at the reception desk.
  - When you check into the Ambulatory Surgery Center, the receptionist may ask you to fill out additional paperwork. At this time, any remaining financial concerns may be addressed.

#### What paperwork will be verified with me in the Preprocedure Treatment Unit?

- ☐ **Surgical Informed Consent and Blood Transfusion Consent:** If you have not already done so, you will need to sign these documents.
- ☐ **Anesthesia Informed Consent:** You will also be asked to sign an Informed Consent document for your anesthesia.
- ☐ It is hospital policy to perform pregnancy testing in females age 10-53 years old.

#### What happens after we check in?

- ☐ After checking in at the reception area, your child will be escorted to the Pre-Treatment Unit where a nurse will ask your child to change into a hospital gown and begin the preoperative assessment. The nurse will ask you and your child pertinent health questions that are necessary for a complete evaluation.
  - An anesthesiologist will discuss the appropriate anesthetic options with you and your child and answer any questions you may have.
  - An operating room nurse and your surgeon will speak to you and your child to confirm the details of your surgery prior to going into the operating room.
  - If you and your child have not already done so, you will be asked to sign the Consent for Procedure or Surgery and the Consent for Anesthesia forms.
  - When the preoperative assessment is complete and all consents have been signed, your child will be escorted into the surgical suite where your surgical team—consisting of your surgeon, anesthesiologist and surgical nurses—will stay with your child throughout the procedure.

#### Where will my family or friends wait during the surgery?

- ☐ Patient care needs require that we limit the number of people allowed in the Pretreatment Unit. Only one person is allowed to accompany you in the preoperative area. Minors may have two accompanying adults.
  - During your child's surgery, all family members and friends will be asked to wait in the reception area or the Family Waiting Room.

### What happens **immediately** after the surgery is completed?

- ☐ Following surgery, your child will be transferred to the Post Anesthesia Care Unit (PACU). In the PACU, he/she will be closely monitored as he/she recovers from the anesthetic.
  - Your surgeon or nurse will let your relatives or friends waiting in the Family Waiting Room know that the procedure has been completed and will let them know when your child can have visitors.
  - One person at a time is allowed to visit your child in the PACU area.
  - It is not recommended for small children to visit the PACU.
  - The length of stay in the PACU will depend on many factors, including pain control, comfort and instructions from the surgeon.
  - If your child is scheduled to remain overnight, he/she will continue to be monitored throughout the night. The PACU cannot accommodate friends and family after 8:00 pm or overnight.

## 4. PREPARING FOR DISCHARGE

### What do I need to know about being discharged from the surgery center?

- ☐ During your child's recovery time in the PACU, your nurse will give you written instructions that may include how to care for your surgical site, what to expect during your child's recovery and assistance with walking.
  - Be sure to follow the discharge instructions given to you by your nurse at the Ambulatory Surgery Center. This will ensure the best possible recovery from your child's surgery or procedure.
  - Please ask questions regarding your child's care at this time.
  - If medications are ordered, they may be available to pick up from the 200 UCLA Medical Plaza 4th Floor Pharmacy located two floors below the Ambulatory Surgery Center in Suite 426. You have the option to use a pharmacy of your choice.
  - We require that you have a responsible adult available to accompany your child home. This does not include public transportation, a taxi driver or other ridesharing services. **Your surgery will be cancelled if you do not have a responsible adult available to take your child home at time of discharge.**
- ☐ Your team will be reviewing all the important information points with you prior to your child's discharge. You will also be receiving a discharge packet that contains all the information for your child's safe return home.



## DRIVING INFORMATION

### UCLA Ambulatory Surgery Center in Westwood

200 Medical Plaza, Los Angeles, CA 90095

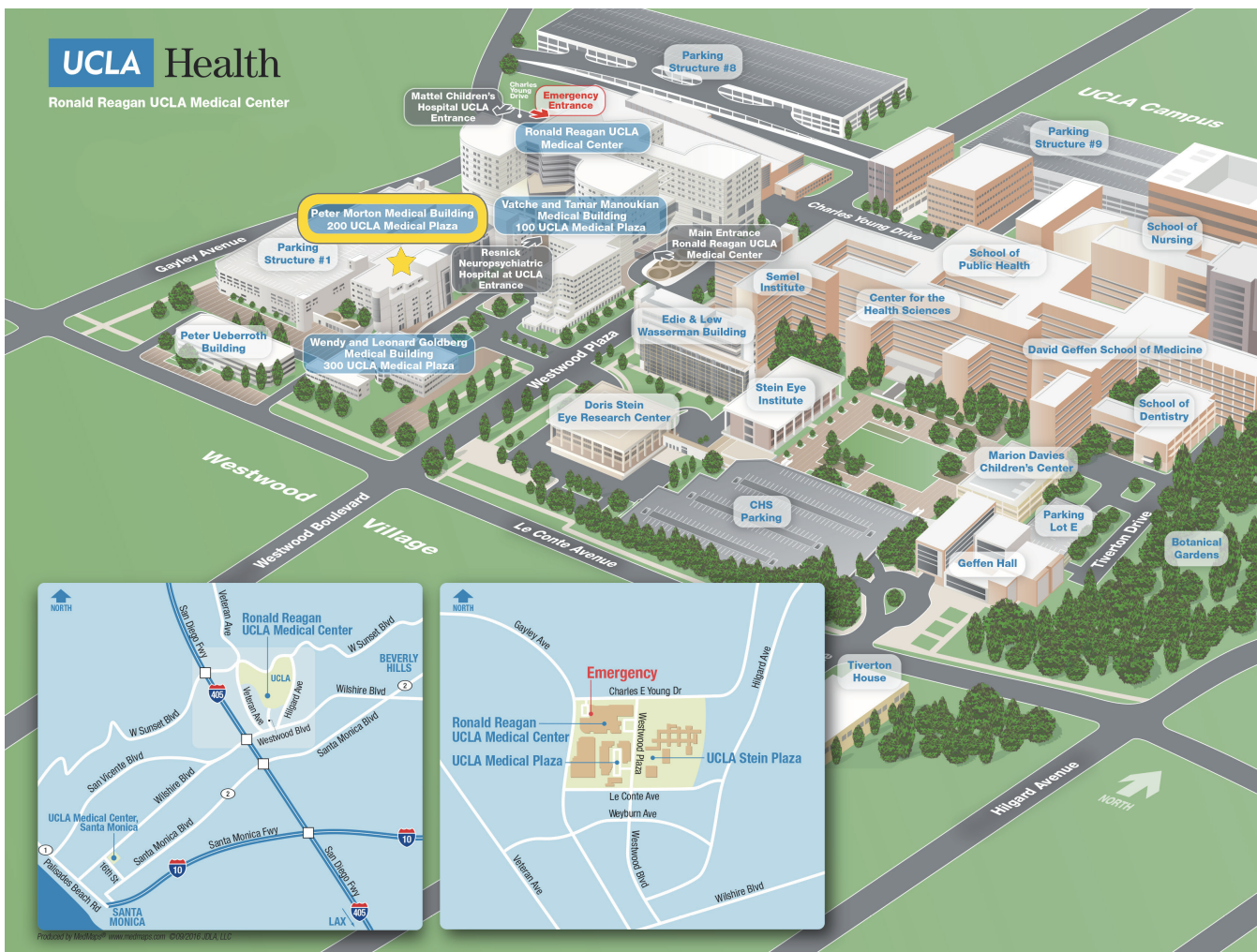
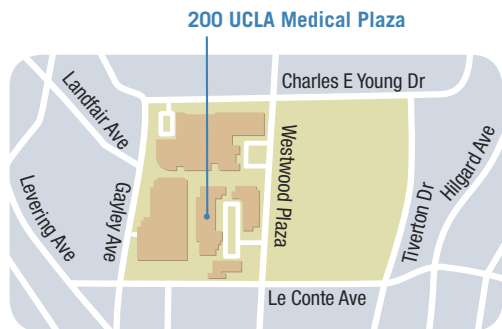
**From the San Diego Freeway (405):** Take Wilshire Boulevard east off-ramp. At the third traffic light, turn left onto Westwood Boulevard. Continue on Westwood Blvd, across Le Conte Avenue, and the street becomes Westwood Plaza. The Medical Plaza is the first left after you cross Le Conte Avenue. Turn into the Medical Plaza Drive and follow the circular drive around to the underground parking. For current parking rates, go to [www.transportation.ucla.edu](http://www.transportation.ucla.edu).

**Driving Directions From Los Angeles International Airport (LAX):** Take the San Diego Freeway (405) northbound to Wilshire Boulevard east, and continue as described above.

## PARKING INFORMATION

Parking is available in the parking garage at 200 UCLA Medical Plaza. There is a fee to park. The Ambulatory Surgery Center cannot validate parking or reimburse the parking fee.

## UCLA MAPS



# Care Team Members at **UCLA** Health



## Physician Teams

Your team of doctors is led by an attending physician, who is in charge of your care, along with residents and fellows. These doctors may rotate on and off of your care during your stay, so you may be seen by different doctors throughout your stay. New physicians will introduce themselves as they join the team. These physicians direct your care and treatment in coordination with other providers on your care team. By being treated at an academic medical center, you contribute to the education and training of future physicians.



## Nurse Practitioner Team

The nurse practitioners are advanced licensed health care providers who provide continuity of care in your transition from the operating room, to your inpatient hospital stay, and eventually to home. The inpatient nurse practitioner team will see you during your stay to medically assess your progress in conjunction with your physician team, identify and prevent barriers to your care, order diagnostic tests, prescribe medications, and prepare you for safe discharge. They round daily with the physicians, nursing staff, rehabilitation specialists, and other specialties based on individual need to best coordinate your care. Once home, the outpatient nurse practitioner team will be available to answer post-operative questions and discuss medication/care concerns.



## Nursing Team

Registered nurses provide a critical link between the patient and the healthcare team. In addition to contributing to your care, nurses communicate your needs to your doctors and other care team members as well as inform you about your medications, in-hospital treatment, and post-hospital care. Registered nurses coordinate your care with other healthcare workers such as care partners, to ensure that your comfort and hygiene needs are met.



## Nurse Case Manager

Nurse case managers work with you, your family and your healthcare team to coordinate your hospital stay. They also assist with the planning and coordination of your transition from the hospital to home or to other care facilities: such as acute rehabilitation, long-term acute care, sub-acute rehabilitation, and skilled nursing facilities.



## Respiratory Therapist

Respiratory therapists help with any breathing difficulties. They perform tests and speak with you to determine what support you may need, and if any equipment will help you breathe easier. If you need breathing treatments, the respiratory therapist will teach you how to perform them and how to use any equipment that you may need.



## Speech Therapist

Speech-language pathologists evaluate a person's ability to swallow and communicate. A communication evaluation includes speech production, understanding and use of language, and assessment of thinking skills such as memory and problem solving. Speech pathologists also assess a person's ability to swallow safely. Your speech pathologist will work with you and your family to help understand these types of problems and provide therapy while in the hospital. They will make recommendations for any services you might need upon discharge.



# Care Team Members at **UCLA** Health *(cont.)*



## **Physical and Occupational Therapist**

Physical therapists will work with you to help regain your strength and mobility. Occupational therapists help regain function in your daily activities such as dressing and grooming. The therapist may develop an individualized treatment plan to help you meet your specific goals and provide recommendations for post-discharge care.



## **Pharmacists**

Pharmacists provide education and counseling for medications that you may receive while you are in the hospital. Pharmacists work with the physician and nursing teams to coordinate care and education so that you are ready when you leave the hospital.



## **Registered Dietitians**

Clinical dietitians work closely with your healthcare team to ensure that you are meeting your individualized nutritional needs. Once your diet is ordered by your physician, the dietitian will review this with you and recommend foods to enhance recovery, educate you on your therapeutic diet, review the need for oral nutritional supplements and monitor the need for texture-modified foods if you encounter swallowing problems. If you are not able to consume adequate nutrition, your dietitian will assess the need for nutrition support to optimize your nutritional status.



## **Social Worker**

Social workers can assist you and your family members with any personal, emotional and/or family problems and difficulties due to your illness or injury. Individual, family and group support for sudden illness, separation from home and job, bereavement, substance abuse, domestic violence and other issues can be arranged, as well as referrals to community resources.



## **Care Partners**

Care partners or certified nursing assistants will assist with tasks such as bathing and oral care, changing linens, and will provide additional support to the nurses.



## **Spiritual Care**

Hospital chaplains are available to meet with you to support your spiritual care needs during your stay. Chaplains can listen to your concerns, share in your faith struggles, assist you and your family members in seeking inner peace and strength, bring you scriptures or holy writings from your specific faith tradition, help you access/receive religious sacraments, assist you in contacting religious leaders from your faith tradition, and/or help with other spiritual needs.



## **EVS Staff**

Environmental Services staff will ensure your room and restroom are always kept clean, safe and sanitary during your hospital stay.

# Patient Discharge Instructions for Pediatric Patients: Insertion/Revision of Vagus Nerve Stimulator (VNS)

## Diet

- ☐ Your child may resume the type of diet he/she had before surgery.

## Medications

- ☐ Please remember to bring your child's home medications with you to your visit.
  - **Home Medications:** You should restart all your child's home medications, including all of your child's epilepsy related medications, immediately after surgery.
  - **Pain Medications:** Narcotics are not routinely provided.
    - > Your child may take over the counter Acetaminophen and Ibuprofen for pain on an as needed basis. Please consult with the pharmacist for pediatric dosing.

## Overview of Daily Activities

- ☐ Recovery rates are individual; however, it is a good idea to balance your child's activities with enough rest. It is normal to feel that you have less energy.
- ☐ Avoid injuries to VNS generator and leads by preventing falls and avoiding full-contact sports in which athletes purposely hit or collide with each other or inanimate objects (e.g. football, boxing, ice hockey, full body martial arts).
- ☐ **Lifting:** No heavy lifting (more than 10 pounds) for two weeks after this surgery.
- ☐ **All Other Activity:** Your child should otherwise be able to return to all regular activities within 2 weeks, limited to the restrictions above.

## Resume to School/Air Travel

- ☐ **School:** Your child may return to school after they have seen a provider in Pediatric Neurology VNS clinic or neurosurgeon in follow-up.
- ☐ **Air Travel:** Your child may fly 24 hours after surgery. Please bring VNS product card (found in the device box) to the airport, as your child will now have an implanted device.

## Wound/Suture Care

- ☐ Your child's wound should stay covered with the surgical dressing for 4 days after surgery.
- ☐ After 4 days, you may remove your child's original dressing and leave the wound open to the air. If you prefer, you can apply a nonadhesive bandage over the wound as well.
- ☐ Your child may shower and wash his/her wound beginning on 4th day after surgery. You should not however scrub your child's wound. We recommend that you assist your child with showering.
- ☐ Avoid pools/bath tubs for 4 weeks or when cleared by your surgeon and wound fully healed.
- ☐ Your child's wound is closed with with absorbable sutures that do not need to be removed.

(continued)

- ☐ Itching may occur at the incision site which is a normal process of healing. Please avoid scratching to prevent infection. You may use diphenhydramine (Benadryl) as directed by pharmacist or a member of the neurosurgery team.
- ☐ Please call your surgeon's office (**310-825-5111**) or the neurosurgery resident on-call after hours (**310-825-6301**) if there are questions or concerns about your child's wound or if there is fever, redness, drainage, breakdown or other signs of infection.

## Follow-up

- ☐ Schedule follow-up appointment in Pediatric Neurology VNS Clinic by calling **310-825-0867** within 1-2 weeks after after generator insertion/replacement.
- ☐ Your child must have regular follow-up visits every 2 weeks, or as directed when adjusting the VNS by the neurologist or neurology nurse practitioner provider.

## Precautions

- ☐ Please notify our office before undergoing any of the following tests and/or equipment:
  - Magnetic Resonance Imaging
  - Electrocautery
- ☐ If you have any questions regarding your child's medications, please call his/her neurologist or neurology nurse practitioner provider.
- ☐ If your child is experiencing increased pain or pain with each stimulation, please call the UCLA page operator: **310-825-6301**. Ask to have the pediatric neurology resident on call contacted.
- ☐ If your child is experiencing increased pain with battery changes or new implants, please call for an urgent appointment in Pediatric Neurology VNS Clinic: **310-825-0867**.

## Signs to Watch for at Home

- ☐ **Always try to call your doctor first if your child is experiencing any of the symptoms below:**
  - Onset of severe, persistent headache not relieved by medication and rest
  - Onset of increased drowsiness, confusion, stiff neck, or nausea and vomiting
  - Any new onset or worsening of visual problems
  - Any new onset or worsening of speech or swallowing problems
  - Any new onset or increased weakness, numbness or tingling
  - Necking swelling
  - Difficulty breathing
  - Persistent chills; new onset of fever > 101 F
  - Any redness, swelling, drainage, heat, or pain around your child's incision

**For life-threatening emergencies that cannot wait, please go to the nearest Emergency Room for immediate evaluation or dial 911.**

## CONTACT INFORMATION

During business hours, please call UCLA Neurosurgery: **310-825-5111**. Ask to speak with your surgeon.

During business hours, please call UCLA Pediatric Neurology VNS Clinic: **310-825-0867**.

After 5:00 PM, please call the UCLA page operator: **310-825-6301**. Ask to have the pediatric neurology resident on call contacted for urgent questions.