

A Guide to Preparing for Your Child's Surgery

Here is a checklist of things to do to prepare for your child's surgery and to learn more about what to expect on the day of surgery:

Preparing for Surgery – Parents

- Visit the Alberta Children's Hospital (ACH) website - go to **Your Child's Surgery** at www.calgaryhealthregion.ca/achsurgery.
- If you require childcare for siblings on the day of surgery, refer to the flyer for **Emily's Backyard**.
- Review the pamphlet, **Preparing for your child's surgery** 1-2 weeks before surgery for important information on getting your child ready.

Preparing Your Child

- For advice on talking to your child about the upcoming surgery, go to **Telling Your Child** on the ACH website.
- Read books about going to the hospital with the whole family – see the **Surgery** resource list.
- A few days before surgery, have your teen read the pamphlet **Just for Teens - Tips for Surgery**.
- View the **Day of Surgery - Photo Tour** with your child on the ACH website.
- If your child is quite anxious, the **Child Life Specialist** can offer some suggestions on dealing with the anxiety or stress. Call 403- 955-5074.
- On the day of surgery, look for the **Child Life Specialist** who talks with children about what to expect and offers play with medical equipment.

www.calgaryhealthregion.ca/achsurgery