

Dental Surgery at Iowa Lutheran Hospital

HELPING YOUR CHILD BE PREPARED



Blank Children's Hospital
UnityPoint Health

FOR THE GROWN-UPS

RECOMMENDATIONS

- ▶ Give your child appropriate choices to increase their sense of control leading up to and the morning of surgery. Ex: Choosing which pajamas to wear to the hospital or choices of activities to pack to use during waiting periods.
- ▶ Bring a comfort item from home such as a favorite stuffed animal or blanket. These items can remain with them throughout their visit including going to surgery with them.
- ▶ Encourage your child to express their feelings, worries and questions so we can help provide answers. Validate any feelings they may share with you and remind them that the doctors and nurses will take great care of them.
- ▶ Be honest and use simple words that make sense to them. For example, you may interchange "operating room" or "OR" with "clean room" throughout the preparation book to increase your child's understanding.
- ▶ Reassure your child that it is normal to feel nervous before surgery. Offer them praise throughout their visit when they are being cooperative.

WHEN TO PREPARE YOUR CHILD



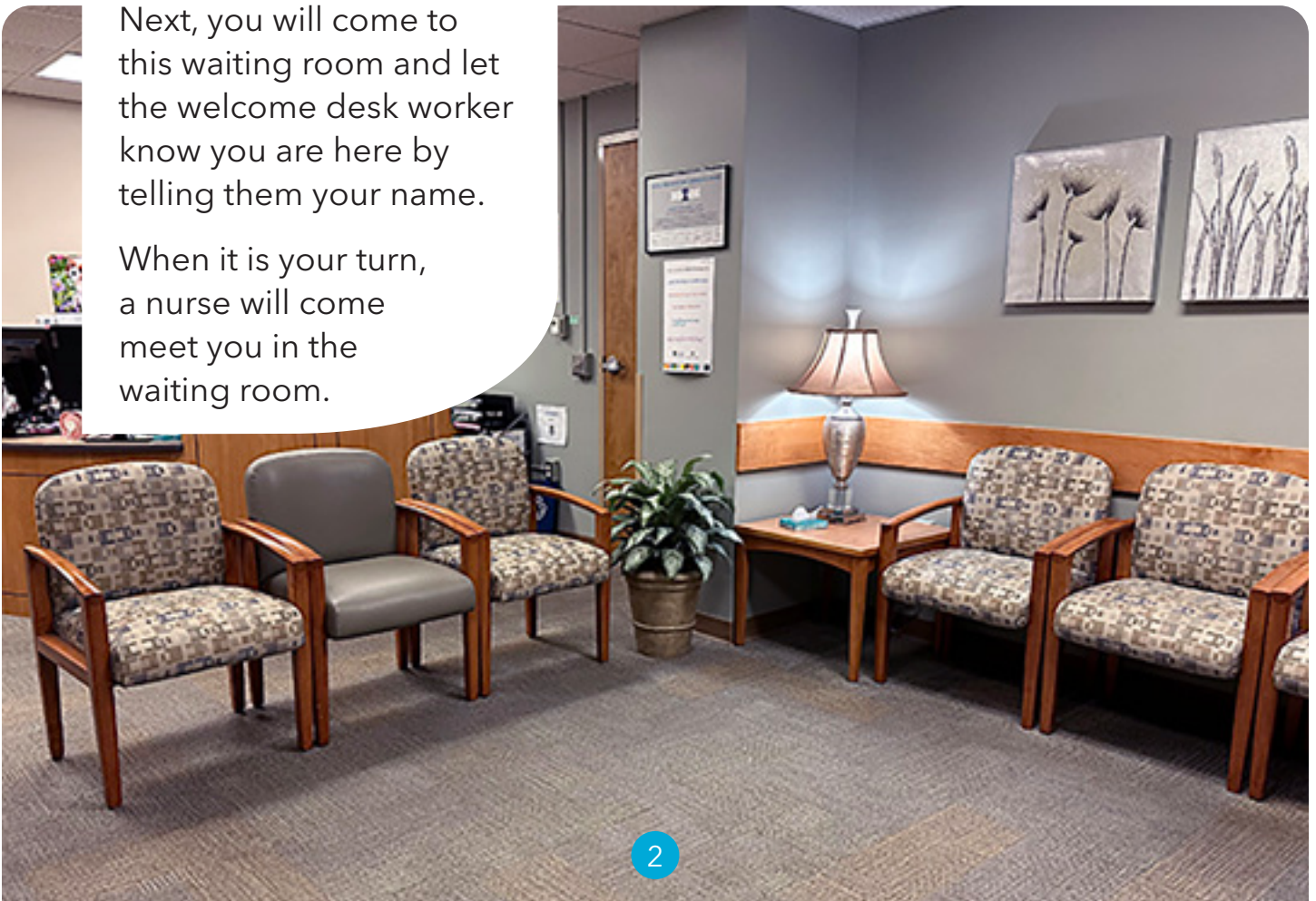
Once you are at the hospital, you will go to the registration office. There, you will put a bracelet on your ankle that has your **name, birthday** and **other information** your nurse will need.

You can choose which ankle to wear your bracelet on.



Next, you will come to this waiting room and let the welcome desk worker know you are here by telling them your name.

When it is your turn, a nurse will come meet you in the waiting room.





WEIGHT

Your nurse will have you to stand on the scale so they can see how much your body weighs.

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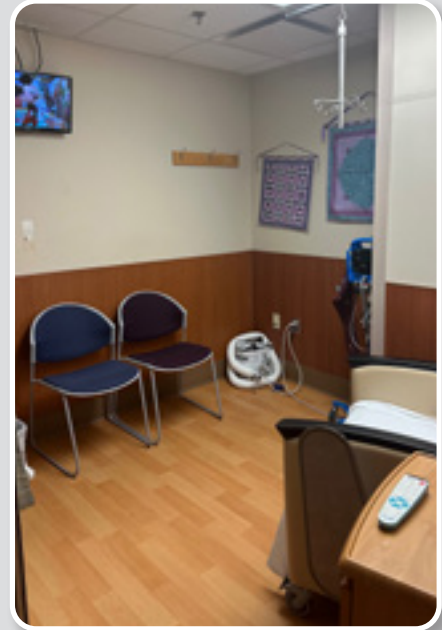
HEIGHT

Then you will stand by the monkey chart to see how tall you are.

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On the way to your personal waiting room, you will get a **TEDDY BEAR FRIEND** to spend the day with you and take home.



YOUR PERSONAL WAITING ROOM

You can choose which chair to sit in. You can sit by yourself or with your grown-up.

Your nurse will ask your grown-up(s) questions about you while you wait. This helps your nurse and doctors know the best ways to help you during your visit.



Someone will bring you toys to play with while you wait! A Child Life specialist may come help you learn about your day and make it more fun.



HOSPITAL PAJAMAS

In your waiting room, you will close the curtain, and your grown-up will help you change into clean hospital pajamas. There is a shirt and pants.

They all have puppies and kitties on them, but the color you wear depends on the size of your body!



Toddler
(2 and younger)



Toddler
(ages 3-4)



Young School Age
(ages 5-6)



School Age
(ages 7-9)



Older School Age
(ages 10 and up)

The room where we help your teeth is called the Operating Room (OR), and it is super clean!

Hospital pajamas never go outside so they help the OR stay really clean. All of your helpers that can go to the OR with you will have on their own clean blue pajamas on too!

They will also have hats on. This is another way we help keep the OR clean!

You can choose to wear a hat if you would like, too. We have fun patterns for kids' hats. You can even take it home to play with!



OPERATING ROOM (OR)

This is what the OR looks like. It is very white, bright and clean!

Many people are helped in this room for different reasons, so not everything you see is for you.



QUICK CHECK-UP

While you are waiting, your nurse will give your body a quick check-up to make sure you are healthy. It is important to hold still so your numbers show up correctly for the machines.



Your nurse will check your temperature with a thermometer that slides across your forehead.



Your nurse will put a soft clip called a pulse oximeter on one of your fingers or toes.

This tells us how well you are breathing and how fast your heart is beating.



Your nurse will check your blood pressure with a velcro band that gives your arm a squeeze.

This helps us know how your heart is doing.



Your nurse will use a stethoscope to listen to your heart and lungs on your chest and back.

To hear how you are breathing, they might have you take some big breaths like you are blowing out candles.

You get to meet two **DOCTORS** while you are waiting. They will be wearing clean blue pajamas too!

One doctor is the **DENTIST** who will help your teeth.



The other doctor is called an **ANESTHESIOLOGIST**.

This Doctor helps you take a short nap with medicine called anesthesia. During your nap, you will not hear, see or feel anything the dentist does to help your teeth!

To take the nap, you will breathe medicine air called anesthesia through a squishy mask that looks like this.

It rests on your mouth and nose, and it smells like candy!

You can play with your mask while you wait to go to the OR.

The nap air is made by a machine in the OR, and it travels to you through a hose that connects to your mask. Some kids say it reminds them of an elephant trunk or a garden hose!



After you meet both of your doctors, a helper called an OR nurse will come to meet you.

They will look at your bracelet and ask you or your grown-up your name and birthday.



**MY NAME IS
BEAR BERRY
AND MY BIRTHDAY
IS OCTOBER 7,
2023.**

RIDE CHOICES

.....▶ Children under 4 years ◀.....

Then it will be time to take a ride to the OR! You can choose which ride you would like to take.

You can bring your bear and/or comfort item from home on your ride. You might be able to watch your favorite show or play with a cool toy on your ride!



RIDE CHOICES

.....▶ Children 5 years and older ◀.....

Then it will be time to take a ride to the OR! You can choose which ride you would like to take.

You can bring your bear and/or comfort item from home on your ride. You might be able to watch your favorite show or play with a cool toy on your ride!





Your grown-up(s) can come with on your ride through the first set of automatic doors. Then you will say, "See you soon!"

They will wait for you very close by in the waiting room.



You will continue your short ride down the hallway to the OR.

You can hold your comfort item while you sit or lay on the bed.



Someone will help you wear the mask, so you are the only one who breathes the nap air. After taking some breaths, you will start napping.





When the dentist is all done helping your teeth, they will stop giving you the nap medicine, and you will wake up in a room called the PACU.

When you start to wake up, a helper will bring you back to a room to meet your grown-up(s).



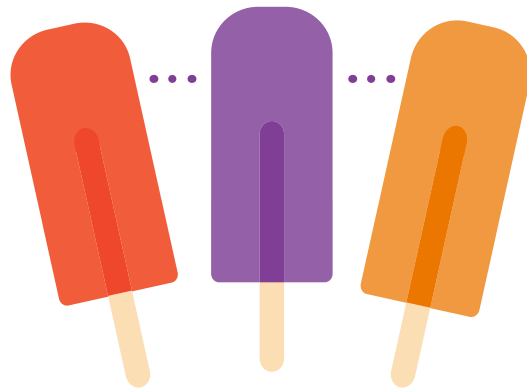
WAKING UP

When you wake up, you will see this medicine straw sticker on your hand. It's called an IV, and it helped give you medicine while you took your nap. We will take this off before you go home. Some kids say it feels like taking off a sticker.



POPSICLE TIME

When you feel like it, you can have a popsicle! We have red, orange and purple.



TIME TO GO HOME

After you feel more awake, your nurse will tell you when it is time to go home!

DENTAL SURGERY CHECK LIST

- Put your name bracelet on one of your ankles
- Check in at the desk in the waiting room
- Meet your nurse
- Check your weight and your height
- Get a teddy bear friend and go to your personal waiting room
- Put on your hospital pajamas
- Check your temperature, breathing and blood pressure
- Meet your dentist and anesthesiologist
- Meet your OR nurse and tell them your name and birthday
- Take your ride to the OR
- Sit or lay on the OR bed and breathe through your mask to take your nap
- Wake up and eat your popsicle
- Go home!