

# Navigating your child's surgery



Parents on the Surgery Family Advisory Council would like to share these tips and resources they've learned along the way.

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#### Tips before surgery:

- No nail polish, permanent jewelry or gel nail tips.
- Avoid hairstyles that prevent your child from lying flat.
- Before surgery, your child may be asked to provide a urine sample for testing.

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#### Your child's history and medications:

Staff will ask several times about your child's surgical procedure, medical history, allergies and current medications to ensure that all information is up-to-date and correct to ensure the best care for your child.

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#### Use a notebook:

Write down questions and information about your child's surgery and recovery. You can get a FREE health care notebook from the Family Health Library, located next to the Child Life Zone, on the first floor of the Fort Worth medical center or by calling 682-885-3060.

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#### Your surgery takes time:

You'll be told how long and when, but please remember the additional time required before and after surgery. Both phases take time and are important. Don't be alarmed if the surgery is longer than discussed.

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#### Child life specialists are here to:

- Prepare and support you and your child for the day of surgery.
- Contact the Child Life department at 682-885-4048 in Fort Worth and 945-204-3150 in Prosper.
- Meet with your child in pre-op to provide appropriate preparation and coping support. This helps reduce a child's anxiety in the medical environment and involves them in their medical care.
- Talk with your child and siblings about diagnoses, treatments and other medical experiences to promote coping and understanding.

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#### Social workers help with:

- Work, housing and child care issues.
- Medical insurance and/or other financial concerns.
- Problem solving, community resources and crisis intervention.

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#### Spiritual Care:

Chaplains are clinically and theologically trained professionals who offer nonjudgmental, compassionate care in a variety of ways—emotional, grief support, reflective listening and meaning-making conversations, spiritual, services and resources. Chaplains in the Spiritual Care Department in Fort Worth offers 24/7 support to patients and families.

1. **Fort Worth Erma Lowe Chapel** – second floor, main building
2. **Fort Worth Meditation Room** – first floor, south tower (past Goodies to Go)
3. **Prosper Interfaith Chapel** – second floor of the medical center's main building

Contact chaplains directly: 682-885-4030 in Fort Worth or 945-204-2110 in Prosper.

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#### Pharmacy options:

If you choose Cook Children's Retail Pharmacy, your child's prescription will be filled and delivered to your child's recovery room during select hours. Over-the-counter pain medications are available for purchase at all pharmacies. Contact the Fort Worth pharmacy at 682-885-6913 and the Prosper pharmacy at 945-204-0350.

1. **Fort Worth medical center** – first floor, next to the Emergency Department
2. **Dodson Specialty Clinics** – near registration
3. **Prosper medical center** – first floor

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#### Communication and experience:

Within 30 days of your child's surgery, you may receive communication from Cook Children's as part of our participation in a national program that measures patient care and outcomes. We warmly invite you to share your experience and the moments that made a difference for your family. Our team truly appreciates your feedback, as it helps us recognize what's working well and continue providing exceptional care.

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#### Share your concerns:

Tell staff and doctors your concerns. If you feel your concerns are not being addressed, please ask to speak with the nurse manager or call a patient representative at 682-885-5325 in Fort Worth, or 945-204-0832 in Prosper.