

# Pediatric Day Surgery at Jim Pattison Children's Hospital

*What to Expect and How to Prepare*



**SOCIAL STORY CREATED BY  
THE CHILD LIFE DEPARTMENT**

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**Sometimes the reason kids come to the hospital is to have surgery.**

**Meet Ray!**



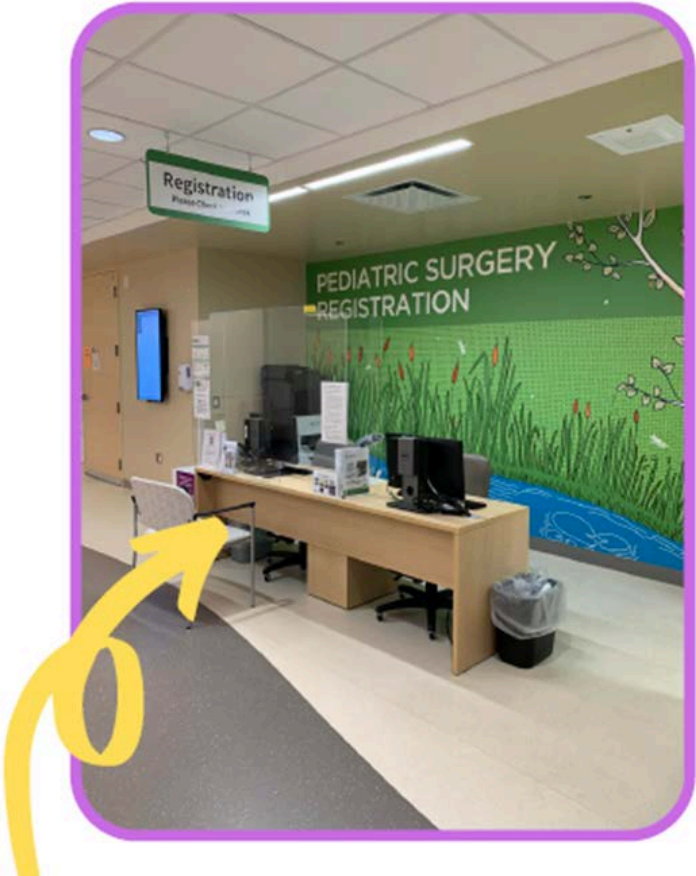
He is going to show you exactly what to expect from the time you get to the hospital until the time you go home.

When you arrive at the hospital, you will ride the **elevators down** to the pediatric surgery area on the **ground floor** and **turn right**.



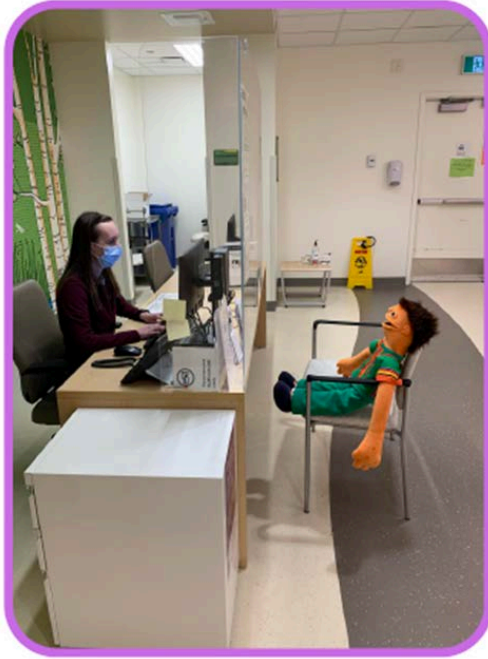
**One of your first jobs is to get registered.**

You'll need to provide some information at the registration desk and answer a few questions with your caregiver.



Here is the registration desk.

**Registration will give you a bracelet with your name and birthday on it.**



***This is to make sure everyone knows who you are!***

**Next, you will sit in the waiting room.**

You can watch TV,  
play a game or  
cuddle a stuffed  
animal if you've  
brought one.



***Sometimes it  
helps to bring a  
special item from  
home to make you  
feel comfortable.***

**You can  
sit here!**



**When it is your turn,  
someone will come out  
this door, call your  
name, and bring you  
to your pre-op room.**



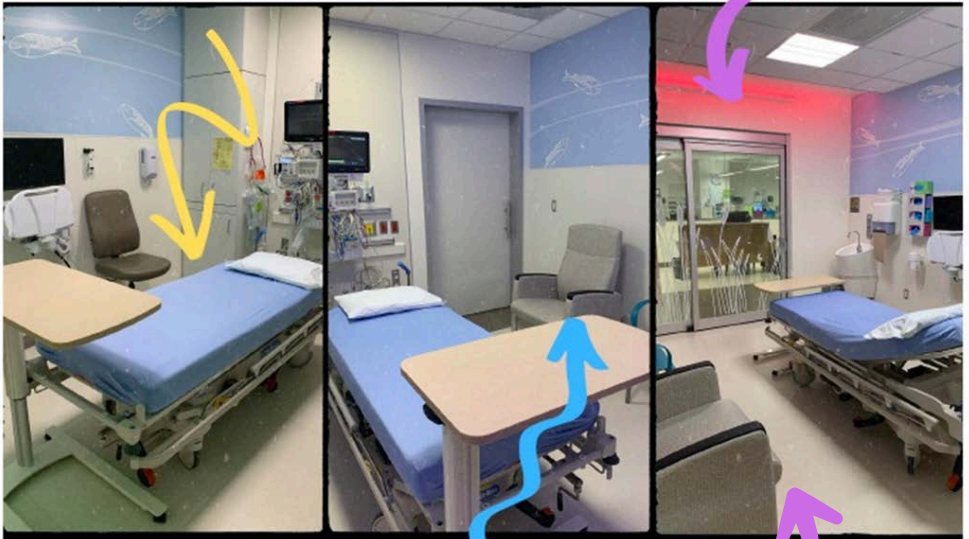
***The door will have your name on it.***



# In this room you will get ready for your surgery. We call it the fish room because it has pictures of fish on the walls!

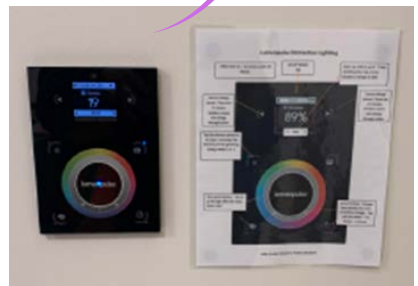
There is a bed for you to sit or lay on.

See the cool colour!?



A chair for you or your caregiver.

**Those cool colours can change using the light switch that looks like this!**



**Many different people will come and talk to you and your caregiver.**

**Some of the people you might meet are a:**

- **Nurse** – This person will be with you before, during, and after the procedure to make sure your body is safe.
- **Child Life Specialist** – This person is here to help you feel safe, calm, and prepared. They might bring things to do to help you relax and can answer any questions you have.
- **Anesthesiologist** – This person will make sure you are safely asleep during the procedure, so you won't feel, see, or hear anything.
- **Surgeon** – This is the doctor who will perform the operation.



**Then the nurse will give you a special pair of hospital pajamas for your surgery.**

***Sometimes, these pajamas are even warmed up to keep you extra comfy.***



***After you change, you can still snuggle up with your blanket or stuffies from home!***

These pajamas are very clean, so you don't bring any germs into the operating room for your surgery.



**A nurse will come to check your vitals.**

**Vitals include checking your:**

- **Blood Pressure** – How hard your heart pumps blood.
- **Oxygen Saturation** – How much oxygen is in your blood.
- **Temperature** – How hot or cold your body is.



***This is a cool thermometer that a nurse would rub across your forehead and behind your ear to check your temperature.***



Look at  
Ray  
holding so  
still!



**The nurses will also check your height and weight.**

This is to see how big you are.  
Remember not to bend your knees or  
stand on your tippy toes.



**Next, your nurse might put numbing cream on your hand with a window sticker over top.**



***It might feel wet and cold.***

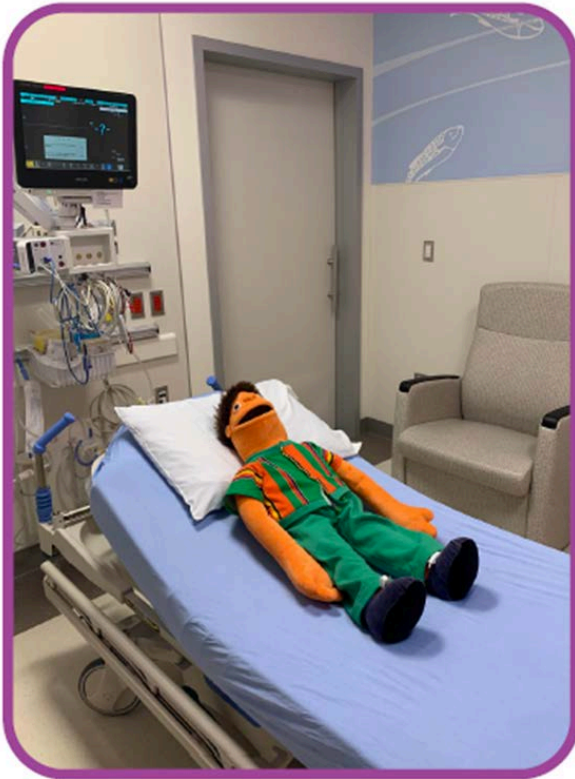
**The nurse might also give you a medicine called Tylenol.**



The Tylenol sometimes tastes like grape. The medicine might be given to you in an orange syringe with a cap on the end. Once the cap is removed, you press the white part of the syringe, the liquid will squirt into your mouth.



**When it is almost your turn for surgery, your nurse will take you and your caregiver to another room called the induction room or the dragonfly room.**



Ray is laying down and ready to be wheeled to the dragonfly room!

The nurse will wheel you on your bed from your pre-op room (the fish room) to the induction room (dragonfly room).

**In the dragonfly room you will be visited by a few people such as your anesthesiologist and your surgeon.**



Inside the dragonfly room you'll also see some machines and a door that leads right into the operating room!



*The operating room has a lot of machines, but not all of them are for you—it's like a kitchen with lots of tools, but we don't use everything when we cook or bake.*



## You're almost ready for your surgery!

You'll see doctors and nurses in the operating room wear special hospital clothes called **scrubs**.

Sometimes they wear blue hats and special covers over their shoes. This is so they don't bring any germs into the operating room.



Most of the time you start your special sleep in the operating room with the doctors and nurses.



Here a few pictures of the operating room.

**Remember. there are a lot of machines,  
but not all of them are for you.**



There are also lots  
of lights!



**When everyone is ready, you'll be wheeled into the operating and given medicine called anesthetic to fall asleep.**

This medicine is given through a mask or an IV.

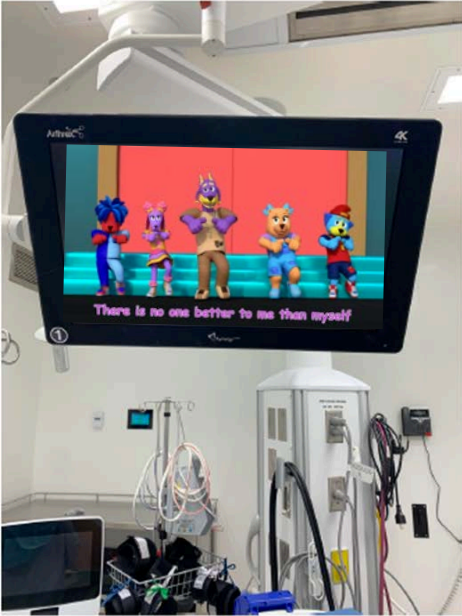


The **mask** rests on your face like a squishy pillow, and you will take nice deep breaths of the sleeping medicine.



The **IV** is a plastic straw that goes inside your vein by using a poke.

**The operating room has a bunch of TVs so you can pick a show to watch while you are starting to fall asleep.**

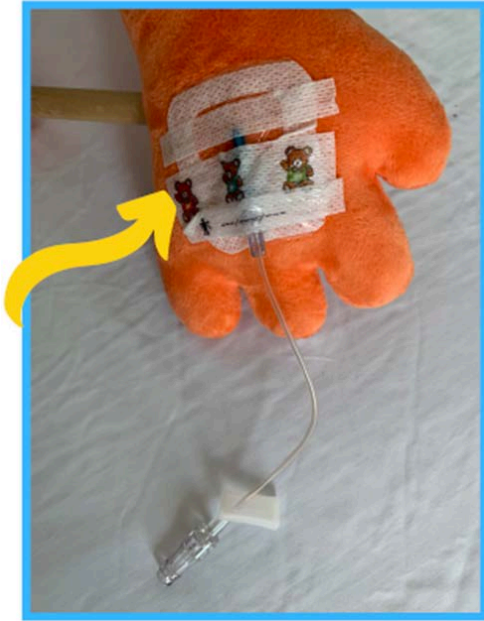


***Remember. during your sleep you won't feel anything, see anything, or hear anything.***

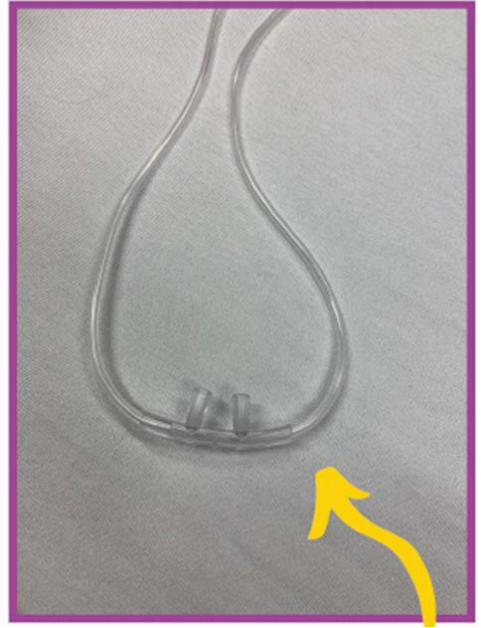


**When your surgery is over you will be brought back to your fish room and your caregiver will be there when you wake up.**

This is the same room you were in to get ready for surgery.



A nurse will check your **vitals** again and you might have an IV in your hand that is wrapped with a colorful bandage. Ray's bandage is blue. The nurse will remove the bandage and IV before you go home.



You might have a mask over your nose and mouth or a special tube in your nose. The tube or mask gives you a type of air called oxygen to help you breathe better.





**Once you are awake and your body is ready,  
your nurse might give you something to  
drink or a popsicle to eat.**

**And when your body is ready,  
you will go home!**



## Tips and Tricks for Caregivers

As a caregiver, you can ask whether your child will be put to sleep via a mask or an IV.

If the anesthesiologist chooses to use a mask, you can help your child prepare by asking the nurse for a mask to practice with while you wait. You might place the mask on a stuffed animal or on yourself to role-model calm breathing, then invite your child to take a turn and practice breathing with the mask.

If the anesthesiologist chooses to use an IV, you can help your child prepare by creating a poke plan using some of the suggestions on the next page.

Lastly, please bring activities for your child to play with while they wait and/or comfort items such as a stuffed animal, blanket, games, or other special items.





# CREATING COMFORT

FOR KIDS DURING NEEDLE POKES!



## 1. Calm yourself

Take a deep breath, smile, let those shoulders relax. Your calm helps your child be calm. Your positive feelings, words, and actions can help your child feel more comfortable.



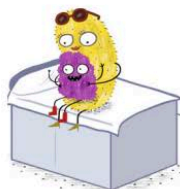
## 2. Make a plan

Preparing kids beforehand and giving them choices helps kids feel more in control! Create a plan for what strategies they want to use to make themselves comfortable. Find an example game plan on our website!



## 3. Numbing medicine / Vibration / Cold

Research says that putting numbing cream on the skin before the poke really works to help minimize needle pain in kids. It can take time for it to work, so plan ahead! Cold, vibration, and rubbing the skin can also work. Our website has more info on prescription and over-the-counter options.



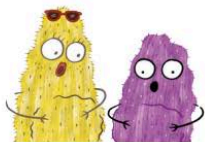
## 4. Comfort positions

Holding upset children down for medical procedures is not a good idea. There are ways you can hold your child to both calm them and keep them safe. You are the best comfort for your child, and you can learn ways to hold them to help them feel more in control.



## 5. Distraction

Taking advantage of a kid's natural ability to get deeply absorbed in videos, toys, and activities changes the way they feel pain. They can ignore the pain signals the same way they can't hear you calling their name! Have them choose something to watch or do before and during a poke.



## 6. Belly breathing

Breathing out, then taking easy slower breaths in and out calms kids and reduces their body's reaction to pain. Bubbles or pinwheels are a fun way to both distract them and encourage them to keep a slow, even pace. Using your own deep, slow breaths to pace them helps keep them on the right track and more in control.



**Meg Foundation**  
megfoundationforpain.org

