

Parent Information Guide

Your Child's Preoperative Appointment

Dear Parent,

We understand that preparing your child for surgery can be stressful. This guide has been created to help you know **what to expect before your child's operation**, and how you can prepare. The goal is to make the journey smooth, safe, and less overwhelming for both you and your child.

Why is a Preoperative Appointment Needed?

Before your child's surgery, we will schedule a **preoperative (pre-op) appointment**. This visit is very important because:

- The **doctor and surgical team** will carefully review your child's medical history.
- We will check details about any **medications** your child is taking.
- All recent **test results** (blood tests, X-rays, scans) will be reviewed.
- Your child will have a **complete physical check-up** to ensure they are fit for surgery.

👉 This is also the **best time to ask all your questions** about the surgery, recovery, hospital stay, costs, and insurance.

What to Bring With You

To avoid delays, please carry these documents and records for your child's first visit:

-  **Immunization records** (vaccination card)
 -  **Insurance card** and any referral letters if required
 -  **Guardianship/legal papers** (if applicable)
 -  **Consultation notes** from other doctors your child sees
 -  **Lab results** (blood tests, etc.) if already done
 -  **X-rays/CT/MRI scans** (bring films/reports/CDs)
 -  **Complete medical history** (your child's doctor may also send it directly)
 -  **List of medicines** your child is taking (including home remedies or Ayurvedic/over-the-counter medicines)
 -  **List of allergies** (especially drug allergies or latex allergy)
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What Will Happen at the Visit?

During this appointment:

- You and your child will meet the Pediatric **surgeon**.
 - They will examine your child and review all information.
 - The team will discuss **treatment options** and confirm if surgery is needed.
 - If surgery is planned, you will get:
 - Pre-anesthesia check-up (to see if your child is ready for anesthesia).
 - Clear **instructions on food, medicines, and fasting** before surgery.
 - Information on what to expect during hospital stay and after surgery.
 - The date of surgery will be fixed, and any special needs (like arrival time, private room request, or financial queries) can be discussed.
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Informed Consent for Surgery

Before surgery, the doctor will explain:

- What the surgery is for
- How it will help your child
- What risks and complications are possible
- What recovery will look like

Once you are comfortable and your questions are answered, you will be asked to **sign a consent form**. This means you understand and agree for your child's operation. In India, **parental or legal guardian consent** is always required for children under 18 years.

Questions You May Want to Ask

Here are some helpful questions you may take with you:

- Are there alternatives to surgery?
- What exactly will the surgery achieve?
- What are the possible risks or side effects?
- How long will the surgery take?
- What kind of anesthesia will be used?
- How many days will my child stay in hospital?
- Will my child feel pain? How will it be managed?
- Will my child need a blood transfusion?

- Will there be stitches or scars? How should we care for them?
 - Will my child need antibiotics or other medicines afterwards?
 - How soon can my child return to school or play?
 - Is the surgery covered by insurance? Who can help me with paperwork?
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Our Message to You ❤️

We know this is not easy for any parent. Please remember:

- You are not alone — we are your partners in caring for your child.
- No question is too small — ask freely.
- Preparing well before surgery makes the hospital stay shorter and recovery faster.
- Your confidence will make your child feel safe and strong.

Together, we will work to ensure your child receives the **best and safest care possible**.



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*(For patient education and family counseling for kids who might require any surgical consult) *