



# San Jose Kaiser Permanente Pediatric PREOPERATIVE INSTRUCTIONS

Guidelines for Children less than 18 years old

## Preparing for Surgery

Please pre-admit your child up to 30-days before the date of surgery, and best if no later than 7 days before surgery. The Admitting Department is open 24 hours per day. Pre-admission may be completed in person or over the phone by calling the Admitting Department at 408-972-7200. Pre-admission may involve collection of a co-payment and deductible fees.

**After your child's appointment with the surgeon confirming need for surgery:** Your child will be scheduled for a pre-operative visit and/or telephone appointment up to 30 days in advance of the date of surgery.

If your child is scheduled to receive a preoperative phone call from the Pediatrician, Family Medicine physician or nurse practitioner, a parent or legal guardian is asked to please be available 1 hour before and 1 hour after the appointment time to accept that call. During the visit/telephone appointment we will be reviewing your child's medical record and discussing the following information with you.

- Any over-the-counter medications, vitamins, and herbal supplements.
  - Medications your child is currently taking, including the times taken and the dosage.
  - Any allergies to medication and/or food.
  - Any previous surgeries and the dates of those surgeries.
  - Medical history.
  - Family history (i.e., family member who has history of cancer, diabetes, heart disease).
- Please complete the "Current Medication List" document and bring with you to the visit / have it available to discuss over the phone, and bring with you on the day of your child's surgery.**

Please inform your preoperative doctor if your child takes any of the medications listed below.

- Ibuprofen (Motrin, Advil), Aleve, or Naprosyn - please have your child stop taking these 3 days prior to surgery.
- It is OK to continue Acetaminophen (Tylenol) for pain until the morning of surgery with a sip of water.

## Seven Days Before Surgery

- Please make sure that your child stops all vitamin and other supplements 7 days prior to surgery.
- If your child develops any rashes, cuts, scratches, scrapes or infections anywhere on their body prior to surgery, please call the surgery scheduler as soon as possible. This may require treatment to reduce the chance of cancellation of the surgery on the day of surgery (see page 4 for surgery scheduler phone numbers).
- If you have any MEDICAL or MEDICATION questions regarding your child's surgery, please call (408) 363-4584 to speak with the nurse (Monday through Friday 8:30am-4:30pm). If your child should develop any health changes such as fever, cough, cold, infection, vomiting or diarrhea, please call the nurse (408) 363-4584.

## The Day Before Surgery

- The surgery scheduler will call you the business day before surgery to confirm your child's arrival time. Scheduled surgery times may change due to cancellations and emergencies. Please check your phone mail for any updated messages. Please plan to devote the entire day to your child's surgery.
- Hygiene: Your child should shower or bathe the night before or the morning of surgery.
- Please follow these food and liquid guidelines prior to surgery:
  - **Adolescents:** Must not eat any solid food after midnight the night before surgery. He/she may only drink water or clear apple juice up to 4 hours prior to arrival at the hospital.
  - **Children 10 and under:** May drink clear apple juice or water up to 2 hours before arrival to the hospital. Breast milk may be taken up to 4 hours before arrival to the hospital. Formula may be taken up to 8 hours before arrival to the hospital.
- If your child becomes ill after 5 p.m. the evening before surgery or on the weekend before a Monday surgery, please call Admitting at (408) 972-7200 as soon as possible.

## The Day of Surgery

On the day of surgery please come to:

- Bldg 274, Ambulatory Surgery Unit; Admitting Desk 408-972-6640 – opens at 6am

- On the day of surgery, have your child brush his/her teeth without swallowing any water.
- If your child needs to take medications on the morning of surgery please have him/her do so with only a sip of water.
- Your child should wear loose, comfortable clothes.
- Your child should be free of makeup. It is recommended that nail polish not be worn.
- Leave all valuables at home and remove all jewelry

The Surgeon and Anesthesiologist will be talking to you and your child before he/she goes into the operating room.

**Please Bring With You to the Surgery**

- A storage container for contact lens and eyeglasses.
- The “Current Medication List” document.
- Your child’s Kaiser Permanente ID card.
- A favorite toy or blanket that will help to keep your child calm.

**Your child must be accompanied by at least one parent or legal guardian.**

Visitors: Your child may have family members or friends present with him/her on the day of surgery. For your safety we try to limit the number of people in the perioperative areas to one person.

**Outpatients** (If scheduled to go home on the day of surgery): Postoperative instructions will be given prior to discharge. Your child will be discharged when in stable condition.

- A responsible adult must accompany your child at the time of discharge and needs to stay with him/her for at least 24 hours following surgery.
- Please be prepared to leave your cell phone number with our staff. We strongly suggest you wait on campus, as the time your child will be discharged may vary. If unable to wait, you should stay within 2 miles and be available to return within 15 minutes when contacted. A map of nearby services will be provided at the Surgery Center.
- We provide free internet access.

**Surgery Scheduler phone numbers:**

Head and Neck Surgery	408-972 6425
General Surgery	408-972-6047
Ob/Gyn	408-972-6254
Ophthalmology	408-972-6426
Orthopedics	408-972-6315

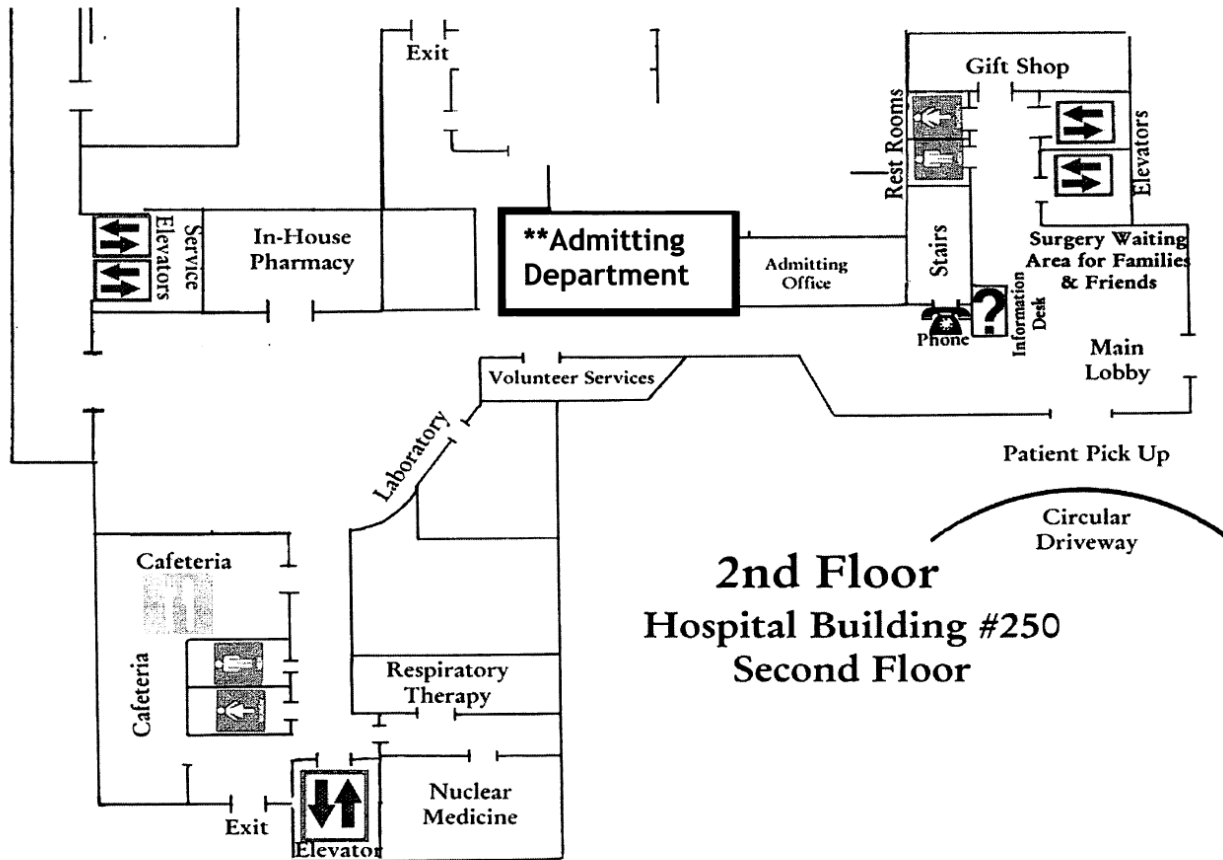
Plastics/Vascular	408-972-6016
Podiatry	408-972-6553
Spine	408-363-4923
Urology	408-972-6041







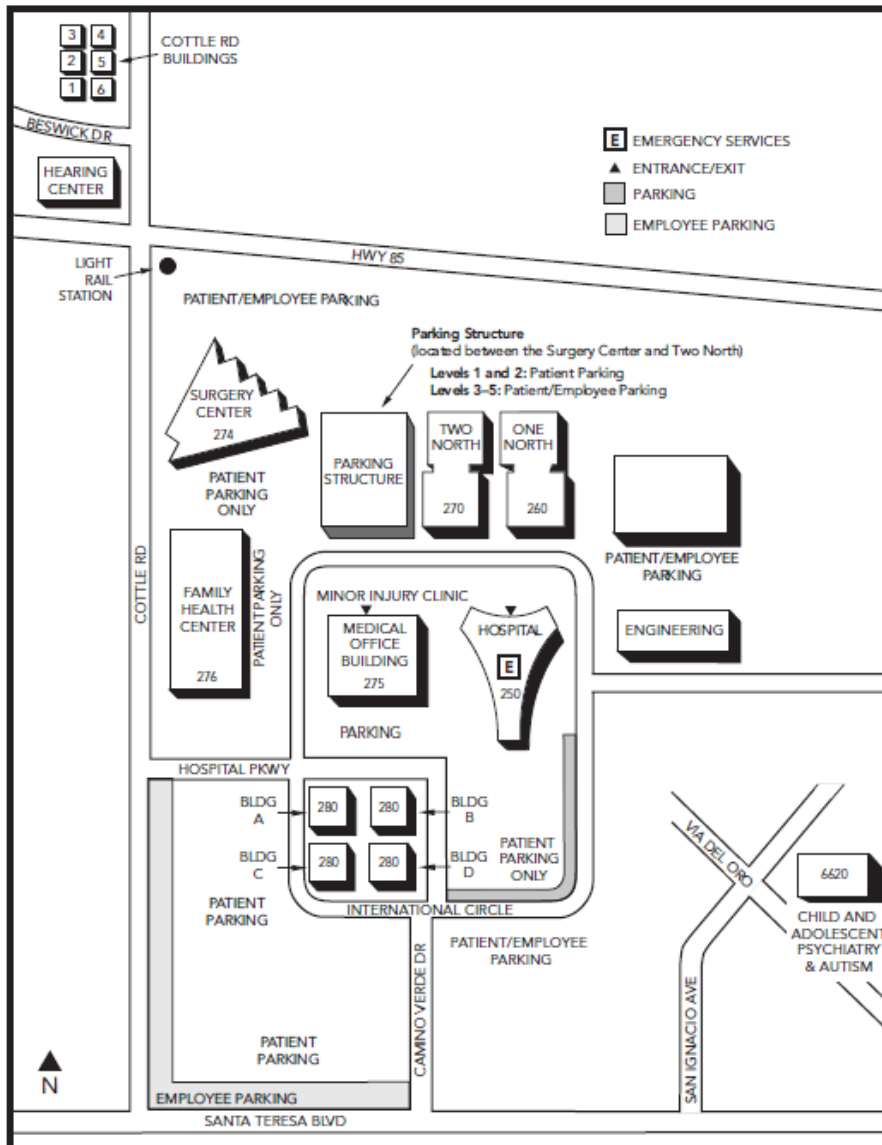
The Admitting Department is located in the Hospital  
250 Hospital Parkway on the Lobby Level  
OPEN 24 hours a day – 7 days a week  
408-972-7200



**2nd Floor**  
**Hospital Building #250**  
**Second Floor**

## San Jose Medical Center

250 Hospital Parkway, San Jose, CA 95119



Map not to scale

### Hospital and Main Campus

250 Hospital Pkwy.  
San Jose, CA 95119

Some services are also available at the following locations:

**Medical Office Building**  
275 Hospital Pkwy.

**Buildings A-D**  
280 Hospital Pkwy.

**Buildings 1-6**  
5755 Cottle Rd.

**Child and Adolescent Psychiatry & Autism Spectrum Disorder Center**  
6620 Via Del Oro

**Hearing Center**  
5831 Cottle Rd.

**One North**  
260 International Circle

**Two North**  
270 International Circle

**Ambulatory Surgery Center**  
274 International Circle

**Family Health Center**  
276 International Circle

**Department locations on reverse side.**

**Parking structure**  
(located between the Surgery Center and Two North)

- Levels 1-2: Patient Parking
- Levels 3-5: Patient/Employee Parking

**From:** Gilroy Medical Offices  
7520 Arroyo Circle

**To:** San Jose Main Campus  
250 Hospital Parkway

**Total distance:** 22.8 miles

**Total estimated time:** 29 minutes

Go northwest on **Arroyo Circle** by turning right (0.9 miles). Turn left onto **Leavesley Road** (0.1 miles). Leavesley Road becomes **Leavesley Road/CA-152 West**. Take the **US-101 North** ramp toward San Jose (0.3 miles). Merge onto US-101 North (18.5 miles). Take **CA-85 North** toward Cupertino/Mountain View (0.1 miles). Merge onto CA-85 North (2 miles). Take the **Cottle Road** exit (0.2 miles). Keep left at the fork in the ramp (0.3 miles). Merge onto Cottle Road (0.3 miles).