

Newton-Wellesley Hospital's Guide to Pediatric Surgery



NEWTON-WELLESLEY
HOSPITAL



FOUNDED BY BRICSMAN AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

Hi! I'm Lauren.

I am 9 years old. I am in third grade and I like gymnastics, drawing and pizza.

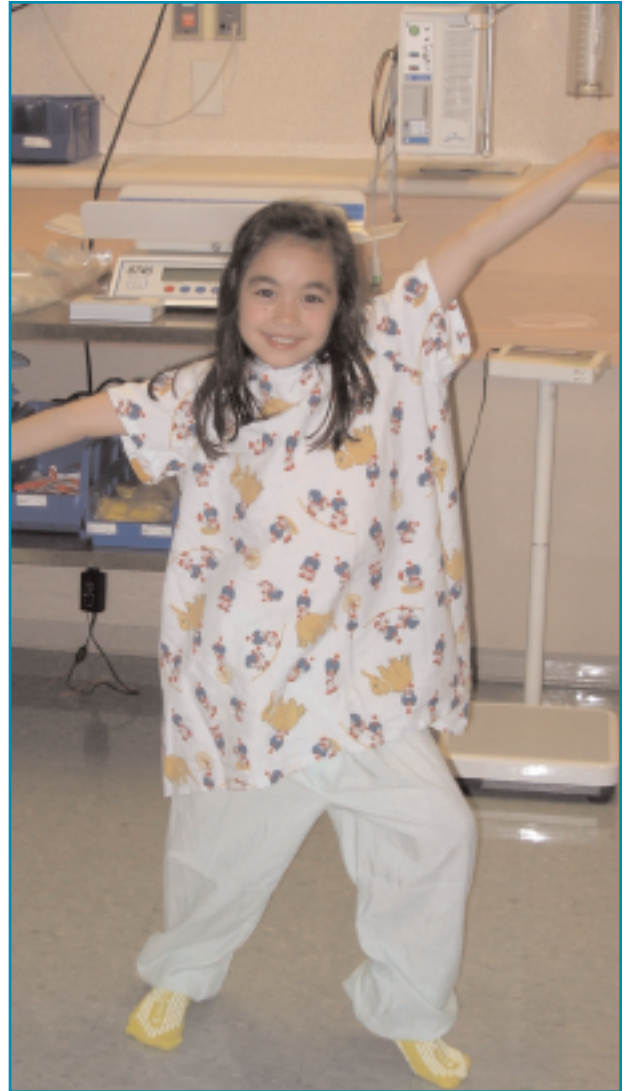
Today, I am going to the hospital for a sleepover. I am going to have surgery to remove my tonsils, which will help me stay healthy and sleep better.

I'm going to tell you all about my visit to Newton-Wellesley Hospital in this book. I met nice people, learned new things and and got to see a lot of cool stuff!





Nurses were there to greet me when I arrived at the Hospital for my surgery. They were very friendly and excited to see me.



The nurses gave me hospital pajamas to change into. Lots of people who work at the hospital also wear scrubs because they are the most clean, germ-free clothes and are comfortable like pajamas.



I also got a bracelet with my name and birthday on it. I can keep the bracelet when I go home!

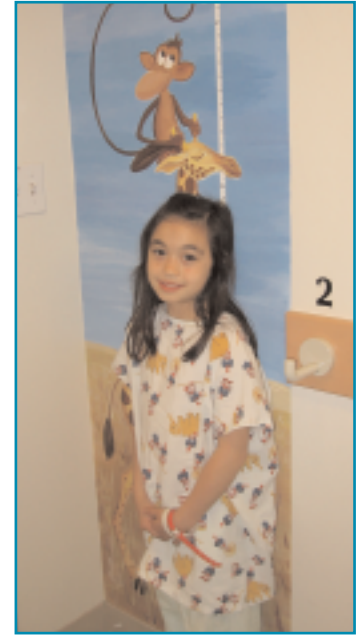
I helped the nurse collect information about my body.



I stepped on the scale to check my weight.



The nurse used a thermometer on my forehead to take my temperature.



I stood up straight against the wall to measure my height.



I put my finger in a finger pillow to count how many times my heart beats per minute and how much oxygen is in my body.



The nurse wrapped a velcro band around my arm to check my blood pressure. It gave my arm a big hug.



I took giant breaths while the nurse used a stethoscope to listen to my heart and lungs.

I met the Child Life Specialist. She told me about the things I might see, hear and feel during my visit at the hospital. She was really nice and she answered all of my questions. She also told me about a time she was in the hospital when she was a little girl like me!



She showed me the special mask that will help me sleep. I even got to decorate my own with stickers!

I also got to choose how the mask will smell. It was a tough decision because everything smelled so good. I decided on strawberry.





Soon it was time to meet the people that will take care of me while I am sleeping. I saw my doctor again, the one who is going to do my surgery. He told me about it, but I already knew because the Child Life Specialist explained everything.

Next I met another doctor called an anesthesiologist. He is the one that will make sure I don't feel a thing because I will be asleep the whole time. He told me about the medicine he has that will make me sleep. He listened to my heart and lungs and also asked me to open my mouth real wide and stick out my tongue.



Then I met the nurse anesthetist. Her job is to work with the doctor and give me medicine to sleep.



Everyone was really nice and friendly. They said that they are a team that works together to make sure I am safe and comfortable during the surgery.

After all the talking and meeting new people, it was time for me to rest and enjoy some activities. Kids are allowed to bring things from home, but the hospital also has lots of games, coloring books, movies and toys to choose from.

I had fun drawing with my mom while I waited my turn for surgery. I was feeling a little hungry and the nurse said I could eat and drink after I wake up.



When it was my turn for surgery, I got to choose someone from my family to come with me into the Operating Room. I chose my mom. She had to dress up in a funny suit and hat that covered her body and hair. I almost didn't recognize her!



I got to stay in my bed and someone pushed me down the hall to the Operating Room. My mom came with me, but she had to walk.

Getting a ride in the bed was so fun!

They took me to the Operating Room, which is where the surgery is done. It is a very clean room and there are no germs. Everyone that comes into this room needs to wear special clothes that cover their whole body, just like the outfit my mom wore.



When they rolled me into the room, I had to switch to another bed. The people in the Operating Room helped me move.

After I was settled in the official Operating Room bed, it was time to go to sleep. My mom was next to me and someone from the anesthesia team put the special mask on my face. I took big deep breaths like I was blowing out candles on my birthday. The last thing I remember was the delicious smell of strawberries!





My mom was there when I woke up. I felt a little tired and confused. I didn't realize I had been sleeping for an hour! The nurse told me that feeling funny was normal and I would feel better shortly. She said she was glad I told her about it because it is an important job for kids to tell her how they feel when they wake up.

I also had a bandage on my arm, and underneath was an IV. The IV gave me water and medicine while I was sleeping during my surgery. It did not hurt at all, but it was funny to see it taped to me!



As I was telling the nurse about how I felt, she gave me a popsicle and some water. I got to pick any flavor I wanted AND I got to eat while I was still in bed. My mom never lets me do that.

I rested a little bit more, and then went upstairs with my mom to the pediatric floor where I was having my sleepover. Everyone was really nice up there, and I even got my own room! They told me before I go home, my nurse will take out my IV and it will just feel like a band-aid coming off.

My sleepover went by very fast and there were a lot of fun parts to it. I am excited to share my story with my teacher and friends at school.