Welcome

Thank you for choosing PeaceHealth Sacred Heart Medical Center at RiverBend for your child’s surgical care. Our goal is to provide you and your child with the best possible care, every time, every touch.

In advance of your child’s surgery, physicians and other medical specialists will work together to develop a plan of care for your child. This is called a treatment plan.

You play an important role in your child’s successful recovery from surgery and will be involved in all aspects of their treatment plan.

This resource guide—along with the information you receive from your child’s medical team—will provide you with the information you need to help your child achieve the best possible outcome.
ABOUT PEACEHEALTH SACRED HEART MEDICAL CENTER AT RIVERBEND

Our RiverBend campus has been serving the healthcare needs of the region since 1936 and is now one of the largest medical centers between Portland and San Francisco. Through the years, our commitment to medical excellence and compassionate care has been at the heart of all we do. Recently, our services have expanded to ensure the highest quality care and experience for infants and children, like yours. We offer advanced medical technology and patient-centered services in a healing environment.

Each year we provide thousands of infants and children with everything from school physicals and regular immunizations to treatment for serious illnesses and injuries. This means you and your child have access to a comprehensive pediatric program that offers expert, compassionate care provided by a world-class team of caregivers who specialize in pediatric surgery, cardiology, endocrinology, anesthesiology, neonatology and perinatology. PeaceHealth Sacred Heart offers a Level-III Neonatal Intensive Care Unit, telemedicine, the most advanced operating/procedure rooms and a special waiting area for you and your child.

PeaceHealth Sacred Heart Medical Center at RiverBend
3333 RiverBend Drive
Springfield, Oregon 97477

541-222-7300
(Information & Patient Location)
# Table of Contents

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Useful phone numbers</td>
</tr>
<tr>
<td>1</td>
<td>Visitor information</td>
</tr>
<tr>
<td>2</td>
<td>Preparing for surgery</td>
</tr>
<tr>
<td>5</td>
<td>Anesthesia and your child</td>
</tr>
<tr>
<td>7</td>
<td>Fasting for surgery (also referred to as NPO)</td>
</tr>
<tr>
<td>9</td>
<td>Things to bring with you to the hospital</td>
</tr>
<tr>
<td>10</td>
<td>Preparing your child for surgery</td>
</tr>
<tr>
<td>12</td>
<td>Information for your family</td>
</tr>
<tr>
<td>13</td>
<td>After your child’s surgery</td>
</tr>
<tr>
<td>14</td>
<td>Pain management</td>
</tr>
<tr>
<td>15</td>
<td>Acetaminophen (Tylenol) Dosage Table</td>
</tr>
<tr>
<td>15</td>
<td>Ibuprofen (Motrin, Advil) Dosage Table</td>
</tr>
<tr>
<td>16</td>
<td>Medication tracker</td>
</tr>
<tr>
<td>17</td>
<td>Monitoring your child’s condition</td>
</tr>
<tr>
<td>18</td>
<td>Financial concerns</td>
</tr>
<tr>
<td>20</td>
<td>We are a Children’s Miracle Network hospital</td>
</tr>
<tr>
<td>21</td>
<td>Heartfelt House</td>
</tr>
</tbody>
</table>
Appointments and Locations

Patient name: __________________________________________ Phone: ________________________

Surgeon name: __________________________________________ Phone: ________________________

Primary Care Physician (PCP): _______________________________ Phone: ________________________

Anesthesia Clinic appointment

☐ N/A  ____/____/____ at ____:____  □ a.m. / □ p.m.

Northwest Specialty Clinics (NSC) building
3355 Riverbend Drive
Springfield, OR 97477

The Anesthesia Clinic is on the third floor of the Northwest Specialty Clinics (NSC) building. Park on any level of Garage C. Take the garage elevator to the third floor, turn right and go through the blue double doors to access the hallway that leads to the sky bridge. The sky bridge leads directly to the Anesthesia Clinic.

Pre-operative visit
with your child’s surgeon

☐ N/A  ____/____/____ at ____:____  □ a.m. / □ p.m.

Location___________________________ Allow one to two hours for this appointment.

Surgery date

____/____/____

Surgery check-in at the Short Stay Unit (SSU)

____:____  □ a.m. / □ p.m.

PeaceHealth Sacred Heart Medical Center
3333 RiverBend Drive
Springfield, OR 97477

Park on any level of Garage S. Proceed to the third floor of the garage, and then into the North entrance of the hospital. Note: Only floors one and three of the hospital may be accessed from Garage S.

Postoperative surgeon visit

____/____/____ at ____:____  □ a.m. / □ p.m.

Location___________________________
Finding your way

VISITOR INFORMATION

Visitation policy, Pediatric Unit (8th floor)
With your approval, your child can have visitors during their recovery in the hospital. You may choose to set restrictions on who can visit, or on the number of visitors allowed.

If you have questions about the Pediatric Unit or would like to request a tour, call 541-222-5600

Visitor Access
Park on any level of Garage S. Enter the hospital on the ground level and follow the signs to the Main Lobby. Elevators to all patient rooms are at the back of the lobby.

Note: Parking is free for patients and visitors to PeaceHealth Sacred Heart Medical Center at RiverBend. Refer to the visitor map for parking garage and clinic locations.

USEFUL PHONE NUMBERS

Anesthesia Clinic
If your surgeon asks you to make an appointment for your child, please call:

541-222-7522  ▪  FAX 541-222-7543

Anesthesia Clinic hours:
8 a.m. to 5 p.m., Monday through Friday.

Spiritual Care
541-222-2245

PeaceHealth Sacred Heart Medical Center at RiverBend Information
541-222-7300 or 800-288-7444 (toll free)
Preparing for Surgery

PRE-OPERATIVE MEDICAL EVALUATION
Surgery can put added stress on even the healthiest child. It is important that your child be in the best condition possible prior to surgery. If your child has a medical condition, such as asthma or diabetes, it should be well-controlled before, during and after surgery to help prevent complications. Your surgeon may recommend your child see their primary care provider or another specialist before surgery.

- If your child develops a cold, flu or viral symptoms within four days of their surgery, please notify your surgeon’s office.

REGISTERING FOR YOUR HOSPITAL STAY
You will receive a call from PeaceHealth Sacred Heart Medical Pre-Registration Center to register your child for surgery.

If you have not received a call within a week of their procedure, please call Pre-Registration at 541-686-7166 or 866-907-6329 to register for your child’s surgery between the hours of 8:30 a.m. and 5 p.m. Monday through Friday.

If you have registered prior to your child’s Anesthesia Clinic appointment, please plan to complete the registration process in person the day of the Anesthesia Clinic appointment. Please allow an extra 15 minutes for this process. Be sure to bring your photo ID and insurance cards with you to the appointment.
Prefering for Surgery (Continued)

PRE-OPERATIVE ANESTHESIA CLINIC VISIT
Most children do not require a pre-operative visit in the Anesthesia Clinic. Your child’s surgeon will let you know if a pre-operative Anesthesia Clinic visit is needed.

If a visit is required and your surgeon’s office has not already made an appointment for you, please call the Anesthesia Clinic directly at 541-222-7522.

Our Anesthesia Clinic team will review your child’s medications and medical history. If your child has had any significant health issues, or recent heart tests or labs work, please ask your provider to fax those results to the Anesthesia Clinic in advance of your appointment. This information will help to determine if additional tests and consultations are needed to assure your child is ready for surgery.

It is important to bring your child’s medications with you to your Anesthesia Clinic appointment. Please bring any prescriptions, non-prescription vitamins, supplements, herbals, inhalers, nasal sprays, ointments, eye drops and creams.

During a pre-operative visit with the Anesthesia Clinic, the team will discuss with you all possible anesthesia options and work with you to develop an anesthesia plan.

At the time of your child’s surgery, a doctor from our partner Northwest Anesthesia Physicians will provide your child’s anesthesia. These medical doctors have special training in pediatric anesthesia, which means they have additional expertise in working with children during surgery.

ADVANCED PLANNING FOR RECOVERY
Children need close supervision after anesthesia. Please make plans in advance to have someone stay with your child as they recover. Your surgeon can provide guidance as to how long this may take.

Pain medications
Your surgeon may recommend having a bottle of ibuprofen and acetaminophen in a flavor/form your child likes on hand at home after returning from their surgery. Any other post-surgical pain medication needs will be discussed with you by your surgeon following the procedure.
PRE-OPERATIVE SHOWERS/BATHS

Cleaning your child’s skin before surgery reduces the risk of infection.

We recommend your child shower or bathe before their surgery at each of the following intervals:

- Two days before surgery
- The day before surgery
- The morning of surgery

After each shower or bath:

- Dry your child off with a clean, freshly washed towel.
- Do not use body lotions or powders on your child. Prescription products or treatments for diaper rash are okay.
- Dress your child in in freshly washed clothes or sleepwear.

If you were given chlorhexidine gluconate (Hibiclens) sponges by your child’s surgeon’s office or the Anesthesia Clinic, please follow the bathing instructions above as well as the steps below:

- With clean, dry hands, open the sponge/bristle packet and set it aside.
- Wash your child as you normally would with their own shampoo and soap, then rinse.
- Next, wet the soft, spongy side of the sponge provided and wash your child’s body from neck down. Avoid the face, eyes, ears and genital area. Continue washing for two minutes, then rinse. Do NOT use the bristle side of this sponge.

NOTE: Do not use the sponge provided if your child is allergic to chlorhexidine (Hibiclens).

Do not use the sponge on children under 2 months old without instructions from your doctor.

If your child develops a rash following use of the sponge, rinse their skin thoroughly with cool water. Discontinue use of the sponge and alert the nurse in the pre-operative area on the day of surgery that a rash occurred.
Anesthesia and your child

NORTHWEST ANESTHESIA PHYSICIANS, PC
PeaceHealth Sacred Heart Medical Center at RiverBend partners with Northwest Anesthesia Physicians, PC. They are an established group of anesthesiologists serving multiple locations in Eugene and Springfield, Ore. An anesthesiologist is a medical doctor who has completed four years of post-graduate residency training in anesthesiology.

WHAT ARE THE RISKS OF ANESTHESIA?
Anesthesia today is much safer than it has ever been. While all anesthesia has an element of risk, serious complications are extremely rare in healthy patients. In general, many pediatric procedures carry very low anesthesia-related risks.

There are some common side effects associated with all anesthesia that can be anticipated but not always avoided. This is like expecting some drowsiness from taking cold medicines. These side effects are generally short-lived. The most common side effects are:

- Grumpiness upon awakening from anesthesia
- Sore throat
- Nausea and vomiting
- Drowsiness and dizziness
- Shivering

Serious and major risks rarely occur in healthy children. They can include severe allergic reactions, croupy cough, wheezing (like an asthma attack), vocal cord spasm or injury, and aspiration (regurgitation of stomach contents into the lungs). While exceedingly rare, the most serious of all anesthetic risks are brain damage and death. In the United States, the risk of a healthy child dying or sustaining a severe or permanent injury from anesthesia is much less than the risk of injury and death from traveling in a car.

The Northwest Anesthesia Physicians team has taken the following steps to minimize the risks to your child:

Anesthesiologists
- Conduct a thorough review of your child's medical information before deciding how to proceed.
- Conduct a pre-anesthesia phone interview to verify all information with you and to help answer any questions and concerns you and your child may have.

WHAT CAN YOU DO TO HELP REDUCE RISKS FOR YOUR CHILD
- Share all information about your child's health history.
- Follow all instructions given by your surgeon and anesthesia team.
- Ensure your child strictly follows eating and drinking guidelines before their surgical procedure.
- Call the Anesthesia Clinic and your child’s surgeon as soon as possible with any changes in your child’s health condition.

WHAT WILL HAPPEN TO YOUR CHILD DURING GENERAL ANESTHESIA?
General anesthesia puts your child into a state of complete relaxation of their mind and body. Your child will not feel pain or discomfort during the surgery. A small breathing tube is placed into the windpipe to protect your child’s lungs. The breathing tube is removed at the completion of the surgery. Your child will not have any memory of the breathing tube and should not have any memory of the procedure.
WILL YOU BE ABLE TO BE WITH YOUR CHILD DURING SURGERY?

At the discretion of the anesthesiologist, we sometimes allow one family member to accompany your child to the operating room until he/she is asleep. The process of falling asleep with general anesthesia is a brief but crucial time. Please understand that we make this decision on a case-by-case basis without any intention to exclude your participation. If you are invited to participate:

- Be calm: The calmer you are, the calmer your child will be.
- We recommend that you hold your child’s hands, sing his/her favorite song, tell a story, etc.
- Even with your presence, your child may still be upset due to:
  - A general fear of the surgery.
  - The unfamiliar experience of having a mask on his/her face. Our Child Life caregivers may work with your child to help them become more familiar with the equipment that will be used.
- Please be assured that your child will not feel any pain during this process.
- Children typically go through a brief period of disorientation and excitement before falling asleep completely. Your child may have heavy and noisy breathing, as well as involuntary arm, leg and eye movements. This is all part of the normal response to falling asleep with anesthesia.
- One of our caregivers will escort you back to the waiting room once your child is asleep.
- If you are asked to leave the room at any point, please do so quickly and quietly; this will allow us to give your child our undivided attention.

MEDICATION

- If necessary, we also have oral medication (midazolam or Versed) available for your child to help with anxiety. While this medication is safe for your child, please note that it may prolong wake-up time from anesthesia. Occasionally, the special oral medication may cause opposite effects such as increased agitation.

WHAT TO EXPECT AFTER YOUR CHILD’S SURGERY UNDER GENERAL ANESTHESIA?

The effects of general anesthesia can last for many hours. Your child may report the following:

- A sore throat for one to two days after general anesthesia.
- Numbness of the surgery site. This can last for several hours.
- Dizziness and tiredness for several hours after general anesthesia (sometimes this can last until the next day).
- Feelings of nausea and possible vomiting (your child may vomit several times).

Please do not hesitate to call 541-341-0670 for questions and concerns.

For all medical emergencies, please bring your child to the nearest emergency room for evaluation or call 911.
Fasting for surgery
(also referred to as NPO)

Our goal is to keep your child as safe as possible during their surgery or procedure.

It is extremely important for your child to have an empty stomach, if possible, at the start of anesthesia. Having an empty stomach can prevent serious complications, like pneumonia. This can occur when stomach contents are aspirated (breathed) into the lungs.

OUR FASTING GUIDELINES ARE LISTED BELOW

We understand how challenging it can be to comfort a hungry or thirsty child. However, if these guidelines are not followed, your child’s procedure may be delayed or cancelled.

<table>
<thead>
<tr>
<th>Up to EIGHT HOURS prior to check in</th>
<th>Up to SIX HOURS prior to check in</th>
<th>Up to FOUR HOURS prior to check in</th>
<th>Up to TWO HOURS prior to check in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child can have regular food</td>
<td>Child can have formula, low-fat milk, juices and/or a light meal.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Please do not give your child gum, candy or mints less than eight hours before your check-in time.</td>
<td>■ A light meal means very low fat and very little protein, such as:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>○ Plain bread or toast: no butter, no peanut butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>○ Fruit or applesauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>○ Oatmeal with light toppings</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>■ If you are in doubt about what is a light meal, it is better not to give it.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>■ Breastfed babies may have breastmilk. Breast milk cannot have any fortifiers (formula or protein mixed in).</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Child can have clear liquids only, such as:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>■ Fluids you can see through like water, Pedialyte, Gatorade, apple juice, pulp-free juices, soft drinks, popsicles and tea.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>■ If your child is an infant, we encourage you to have some Pedialyte available to offer them up to two hours before you arrive.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Fasting for surgery (Continued)
(also referred to as NPO)

We recommend that you write down the fasting cutoff times the night before your child’s surgery so that there is no confusion during your busy morning. This will also prevent miscommunication between family members. Use the guide below:

**FASTING CUT-OFF TIMES**

<table>
<thead>
<tr>
<th>Up to EIGHT HOURS prior to check in</th>
<th>Up to SIX HOURS prior to check in</th>
<th>Up to FOUR HOURS prior to check in</th>
<th>Up to TWO HOURS prior to check in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular meal until:</td>
<td>Light meal until:</td>
<td>Breast milk (no fortifiers) until:</td>
<td>Clear liquids until:</td>
</tr>
<tr>
<td>_______________</td>
<td>_______________</td>
<td>_______________</td>
<td>_______________</td>
</tr>
</tbody>
</table>

If your child needs to take medication the morning of their procedure, you can give it any time before you arrive if it can be taken with a small sip of water or it is a liquid medication. During your child’s pre-operative visit or phone call, your anesthesiologist or a nurse will discuss with you which medications should be given.

If you have concerns about the amount of time your child needs to fast, please do not hesitate to call 541-222-7522.
Things to bring with you to the hospital

THINGS TO BRING WITH YOU TO THE HOSPITAL

On the day of surgery, please bring the following items:

- Your child’s insurance identification card.
- Your child’s Social Security Number.
- Any letters of authorization from your child’s physician or insurance company.
- Current list of your child’s medications (include amount and how often given).
- Prescription inhalers or other medications your child may need, as directed by your surgeon or anesthesiologist.
- Clothing that is easy to change.
- A comfortable pair of walking shoes or well-fitting slippers with non-skid soles, if appropriate for your child.
- A bag or backpack with your child’s favorite comfort items, such as a toy for distraction.
- If applicable, please bring cases for your child’s glasses, contact lenses, and/or hearing aids. If your child wears contact lenses, please bring a pair of glasses if your child has them.
- Personal care items for your child.
- Health care decisions/consent. Most children will have consent provided and decisions made by parents/guardians. In Oregon, any person under the age of 18 is a minor. However, minors who are 15 years and older can consent to medical and dental services without parental consent.

If your child has special custody or guardianship arrangements, please bring documentation to the hospital. If the Department of Human Services (DHS) is providing consent for treatment, we will need to obtain those documents prior to any elective surgery. Please provide the surgeon’s office with a name and contact information for the case worker.

If your child has medical conditions and you have an Advanced Directive for your child, please bring a completed copy with you to the hospital. The form will become a part of your child’s hospital record.

WHAT NOT TO BRING WITH YOU TO THE HOSPITAL

- Any jewelry or piercings worn by your child. These can interfere with the electrical equipment used in the operating room. Please remove them from your child and leave them at home.
Preparing your child for surgery

Children are usually less frightened when they know what to expect. Depending on your child's age or developmental level, you can start talking to them a few days to a few weeks before their surgery to explore their experience and help answer their questions.

THE FOLLOWING TIPS MAY HELP YOU TO PREPARE YOUR CHILD:

Infants (newborn – 1 year old)

Prepare yourself for your baby's surgery. Find out about the procedure scheduled for your child so you will know what to expect and will be more relaxed, which will also help your baby to relax.

You know your baby best. Please share with the hospital staff what your baby likes. Let them know how your child likes to be held, details about their daily routines and what comforts them the best—like a favorite stuffed animal or blanket. Be sure to bring your child's familiar comfort items with you the day of their surgery.

Toddlers and Preschoolers (2 – 5 years old)

A child can sense when others are nervous, and this can make them feel more anxious.

You can alleviate some of your own anxiety by learning as much as you can about your child's surgery and hospital stay. Talk to your child's surgeon about any fears and concerns you or your child have.

Very young children need to be prepared close to the date of surgery. One to two days in advance is best. Preschoolers can be prepared three to five days ahead of their surgery.

Give your child clear, honest and simple explanations about why they are going to the hospital. Try to listen for any misunderstandings your child might have.

If your child is a toddler, reassure them that they have done nothing wrong and that going to the hospital is not a punishment. Surgery is to help them.

Tell your child what they will see, hear, smell and feel while at the hospital.

Explain to your child that on the morning of surgery, it will be very important for their stomach (tummy) to be empty (have no food or drink in it) so that they will not throw up during surgery. Your doctor or nurse will tell you the exact time to stop giving your child food and drink before their surgery.

Explain to your child that a special doctor (anesthesiologist) will give them some sleepy medicine so that they will not feel anything during surgery. Tell them it is a special kind of sleep and that they will not wake up until after the surgery is over.

Play is how young children learn. Letting your child play with pretend medical equipment can help them understand what will happen. Reading stories to them about going to the hospital will also help them.

Encourage your child to choose one or two toys or other comfort items to bring to the hospital.

Submitted by the Child Life Specialists at Sacred Heart Medical Center – RiverBend
School-agers (6 – 11 years old)

Remember that your child can sense your anxiety. Be sure to share your fears and concerns with your doctor. Have your questions answered before the day your child will have their surgery.

If your child is school-age, honesty is the key to preparing them for their surgery. At this age they are better able to understand what is told to them than younger children. Try to give your school-age child truthful, specific information about what will happen. If your child is this age, it is common for them to have fears about their bodies being hurt. They also may be confused about anesthesia.

You can prepare your school-age child a week to two weeks in advance of their surgery. This will give them time to process the information and ask questions. Be sure to ask what they understand and help clear up any misconceptions for them.

Tell your child why he/she is having surgery. Talk about the type of surgery they will have and where on their body it will be performed. Share with your child what they might see after surgery, such as bandages, stitches or an IV tube. This will help them to feel prepared.

Tell your child that they will be asleep with special medicine known as anesthesia. Reassure them that they will not feel anything during surgery.

Remind your child that they will not be able to eat or drink anything the morning of surgery.

Let your child know how long they will be in the hospital.

Encourage your child to choose one or two items from home for comfort and to keep them busy during their hospital stay.

Teens (12 – 18 years)

Your teenager needs to have clear, complete information about what will happen during their hospital stay. They also need to be included in decision making about their care. Your teen may be concerned with privacy and body image, which is common for their age group.

Discuss the reason for surgery with your teen. Encourage them to talk with their surgeon, ask questions and share any concerns.

Discuss with your teen the type of surgery they will have and where on the body it will be performed. Use correct terms when talking with them and provide honest information.

Remind your teen that they will not be awake during the surgery and that the anesthesiologist will be with them during the entire procedure.

Discuss with them the importance of not eating or drinking the morning of the surgery.

Suggest that your teen bring items from home to keep them busy while they wait for surgery.
Information for Family

SURGERY FAMILY WAITING AREA

When your child leaves the Short Stay Unit to go to the operating room, you, your family and your guests will be asked to go to the surgery waiting area. Hospital caregivers will direct you to this location. Please check in with the volunteer at the desk when you arrive at the waiting area. Please also check out when you leave in case the surgeon needs to speak with you about your child.

On the day of your child’s surgery, your child will be assigned a tracking number, which will be made available to you. This number appears on the patient tracking monitors and enables you and your family to follow your child as they move through the surgical process. You’ll be able to see when your child moves from the Short Stay Unit to the operating room and from the operating room to the Post-Anesthesia Care Unit (PACU).

SURGERY TRACKER

We recognize that waiting for your loved one to have a surgical procedure can be stressful. On the day of surgery each patient is given a unique Patient tracking number (Patient ID). With this number, loved ones can track the progress of the patient from the Surgery Patient Tracking boards in the hospital. The number appears in the first column on the Surgery Patient Tracking screen.

Using the descriptive Color Guide and the patient’s ID number, you can “see” the current status and location of your loved one at any given moment.

Surgery Patient Tracking boards are located in the surgery waiting area and in the RiverView Cafe on the second floor.

To track a patient’s progress online:

- Visit peacehealth.org
- Hover over “For Patients”
- Select “Surgery Patient Tracking” on the left
- Select the location of the surgery
- Type in the Patient ID tracking number
After your child's surgery, your child's surgeon will speak to you in the surgery waiting area to inform you about the surgery and how your child is doing in the Post-Anesthesia Care Unit (PACU). If your child will recover in the hospital, they will be moved to a hospital room. You will be able to see your child once they have been moved to their hospital room.

About your child's recovery from anesthesia

- Your child will recover in our Post-Anesthesia Care Unit (PACU) with one-on-one nursing care.
- You will be brought back to see your child as soon as they are adequately awoken from anesthesia.
- If your child is going home, their intravenous catheter will be removed once they are able to drink.
- In general, most children will only need to stay in recovery for a short period of time before they are ready to go home or up to our pediatric and adolescent unit. However, every child recovers from anesthesia differently and your child's safety is our first priority. We will monitor and take care of your child in recovery for as long as your child needs us to, and until you are comfortable with taking your child home.

Your child may be in a special crib or bed after surgery. This will depend on his/her age and on the type of surgery performed.

Once your child has been admitted to their room, a telephone number to your child’s room will be available for you and your family and friends to use. You and other family and friends may also call 541-222-7300 (toll free 866-706-1351) and ask to be connected to the child’s room.

All rooms in the hospital are private rooms with an area for you or a family member to spend the night near your child.
After your child’s surgery (Continued)

PAIN MANAGEMENT

Some pain is expected after any surgery. Managing your child’s pain after their surgery is important to their recovery process. Your child’s surgeon will order a pain plan for your child’s specific needs.

Your child’s surgeon may recommend having a bottle of ibuprofen and acetaminophen on hand at home in a flavor or form your child likes to help them with pain after surgery.

On the next page is a table to track pain medication times and doses for your child.

Don’t forget, pain can be managed with more than just medication. Try giving your child warm or cold packs if allowed by your child’s surgeon, or using deep breathing, massage and distraction techniques with your child.

FACES PAIN RATING SCALE

Most children cannot assign a number to their pain. When your child is asked to rate their pain, they may be asked to use the FACES scale. On this scale, your child will select the face they feel best matches their pain.
Keep in mind that 1 level teaspoon equals 5 mL and ½ teaspoon equals 2.5 mL

### ACETAMINOPHEN (TYLENOL) DOSAGE TABLE
Repeat every four to six hours as needed. Don’t give more than five times a day.

<table>
<thead>
<tr>
<th>Child’s weight (pounds)</th>
<th>6-11</th>
<th>12-17</th>
<th>18-23</th>
<th>24-35</th>
<th>36-47</th>
<th>48-59</th>
<th>60-71</th>
<th>72-95</th>
<th>96+</th>
<th>lbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liquid 160 mg/5 milliliters (mL)</td>
<td>1.25</td>
<td>2.5</td>
<td>3.75</td>
<td>5</td>
<td>7.5</td>
<td>10</td>
<td>12.5</td>
<td>15</td>
<td>20</td>
<td>mL</td>
</tr>
<tr>
<td>Liquid 160 mg/1 teaspoon (tsp)</td>
<td>--</td>
<td>½</td>
<td>¾</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
<td>4</td>
<td>tsp</td>
</tr>
<tr>
<td>Chewable 80 mg tablets</td>
<td>--</td>
<td>--</td>
<td>1½</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>8</td>
<td>tabs</td>
</tr>
<tr>
<td>Chewable 160 mg tablets</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
<td>4</td>
<td>tabs</td>
</tr>
<tr>
<td>Adult 325 mg tablets</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>1</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>tabs</td>
</tr>
<tr>
<td>Adult 500 mg tablets</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>1</td>
<td>1</td>
<td>tab</td>
</tr>
</tbody>
</table>

**Suppositories.** Come in 80, 120, 325 and 650 mg. The rectal dose is the same as the dose given by mouth.

### IBUPROFEN (MOTRIN, ADVIL) DOSAGE TABLE
Repeat every six to eight hours as needed.

<table>
<thead>
<tr>
<th>Child’s weight (pounds)</th>
<th>12-17</th>
<th>18-23</th>
<th>24-35</th>
<th>36-47</th>
<th>48-59</th>
<th>60-71</th>
<th>72-95</th>
<th>96+</th>
<th>lbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant Drops 50 mg/1.25 mL</td>
<td>1.25</td>
<td>1.875</td>
<td>2.5</td>
<td>3.75</td>
<td>5</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>mL</td>
</tr>
<tr>
<td>Liquid 100 mg/5 milliliters (mL)</td>
<td>2.5</td>
<td>4</td>
<td>5</td>
<td>7.5</td>
<td>10</td>
<td>12.5</td>
<td>15</td>
<td>20</td>
<td>mL</td>
</tr>
<tr>
<td>Liquid 100 mg/1 teaspoon (tsp)</td>
<td>½</td>
<td>¾</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
<td>4</td>
<td>tsp</td>
</tr>
<tr>
<td>Chewable 50 mg tablets</td>
<td>--</td>
<td>--</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>8</td>
<td>tabs</td>
</tr>
<tr>
<td>Junior-strength 100 mg tablets</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>2</td>
<td>2½</td>
<td>3</td>
<td>4</td>
<td>tabs</td>
</tr>
<tr>
<td>Adult 200 mg tablets</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>1</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>tabs</td>
</tr>
</tbody>
</table>
# Medication tracker

<table>
<thead>
<tr>
<th>Medication, strength</th>
<th>Dose</th>
<th>Day, Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Monitoring your child’s condition

If you have further questions, call the office of your child’s surgeon during normal office hours. For questions after normal office hours, call the surgeon’s office for the surgeon on call. In the event of an emergency, call 911.

PREVENTING INFECTIONS
Infections can occur after surgery in the part of the body where the surgery occurred. Although an infection is not common, there are some things that can be done to help prevent a surgical site infection (SSI):

- Make sure you and your child, and everyone your child encounters, carefully washes their hands. Germs can be spread in several ways, but the most common way is through hand contact. It is okay to ask the hospital staff or others, “Did you wash your hands?”
- It is also important to keep your child’s incision clean. Most incisions should be kept dry for several days after surgery, unless instructed by your child’s surgeon. Avoid giving your child a bath or having them bathe themselves. Keep your child out of swimming pools and hot tubs for one to two weeks, as directed by your child’s surgeon.
- Make sure that you understand how to care for your child’s incision and always clean your hands before and after caring for your child’s incision.
- Wash and change your child’s bed linens before the surgery and when soiled.
- Keep pets away from your child’s incision and avoid having your child sleep with pets.
- If your child has any symptoms of wound infection, as mentioned on this page under “Signs of a potential problem,” call your child’s surgeon.

SIGNS OF A POTENTIAL PROBLEM
Call your surgeon’s office if your child experiences ANY of the following:

- Fever over 101.5 degrees.
- Uncontrolled pain (45 minutes after your child takes pain medication, your child’s pain is a level seven or above on a scale of one to 10, with 10 being the worst pain imaginable).
- Chest pain or difficulty breathing.
- Nausea and/or vomiting that continues for 12 to 24 hours.
- Diarrhea that continues for 12 to 24 hours, or no bowel movement for four days.
- Signs of a wound infection, such as increased swelling, redness or smelly wound drainage.
- Your child’s incision separates or opens.
**LET US HELP**

Our Patient Financial Services team can help you with the following:

- Estimates
- Co-payments and/or deposits
- Oregon Health Plan - OHP
- Family Health Insurance Assistance Program - FHIAP
- Bridge Assistance
- Before surgery

To address any financial concerns that you may have before your child's surgery, call our Business Office at **541-686-7191** or **800-873-8253**, and select option 3.

**AFTER SURGERY**

(or if you have current balances)

For all billing questions and financial services, please call the Business Office at **541-686-7191** or **800-873-8253**, and select option 2. Representatives are available from 9 a.m. to noon, and from 12:30 to 4:30 p.m., Monday through Friday (except holidays).

Many financial assistance programs, including OHP and Bridge Assistance, have an application and screening process. It is essential that you apply as early as possible for OHP. Please call the Business Office as soon as possible. Medically necessary hospital services will NEVER be delayed or denied based on your ability to pay.
PeaceHealth Sacred Heart Medical Center has been a Children’s Miracle Network hospital since 1987. Children’s Miracle Network supports the care of infants, children and teenagers at PeaceHealth Sacred Heart Medical Center by helping to purchase equipment and supplies, providing education and funding our Pediatric Child Life program.

Children’s Miracle Network has been a key supporter of the growth of pediatric services in recent years. Their support has provided:

- Toys, books and play equipment.
- Pediatric laparoscopic equipment.
- Surgical equipment for surgery to correct pectus excavatum.
- “Cars” for some children to use for driving themselves into surgery, giving them a little control over the situation and, of course, a chance to have fun and be a kid. (Car use is dependent on age, size and type of surgery.)

Children’s Miracle Network has also supported the building and stocking of the Pediatric Treatment Room on our inpatient pediatric ward; the Pediatric Child Life program, along with the toys and play items used to make a child’s hospital stay easier; Heartfelt Guest House for families to stay at if their child is having surgery or hospitalized at PeaceHealth Sacred Heart Medical Center.

Children’s Miracle Network raises between $1.2 and $1.4 million each year, and 100% of the dollars raised by our local Children’s Miracle Network program stay at PeaceHealth Sacred Heart Medical Center at RiverBend.

If you are interested in helping support our Children’s Miracle Network hospital, contact the PeaceHealth Sacred Heart Medical Center Foundation.

- Alexa Sharps: asharps@peacehealth.org
  Director, Children’s Miracle Network
- Visit www.peacehealth.org/cmn
- Call 541-222-7110
What is the Heartfelt House?
The Heartfelt House is a 20-room guest house for out-of-town family members of patients being treated at PeaceHealth Sacred Heart Medical Center at RiverBend or University District. Patients themselves also may stay at the guest house, for example, to spend the night before an early-morning surgery. The 20,200-square-foot house has two wings—one for families of pediatric patients and one for families of adult patients. Each wing has 10 guest suites. The house gives these families a home away from home. Here they will find places to gather, relax and focus on healing. The house is run in partnership with Ronald McDonald House Charities of Oregon & SW Washington.

Who designed and built the Heartfelt House?
Architect Richard Shugar AIA, LEED AP, and Project Manager Kira Malone, AIA, from 2FORM Architecture designed the Heartfelt House, and the builder was Chambers Construction. 2FORM says its vision for the Heartfelt House included “creating an indoor/outdoor sanctuary that allows guests to rest and decompress after spending long days at the hospital.”

The courtyard was designed to maximize natural light and strengthen connections with nature. The main entry faces east toward the hospital and the two wings of guest rooms are connected to a central great room that “serves as the beating heart of the building,” providing a place for people to gather around a blazing hearth. Residential elements, such as window seats, dormer windows and trellises, give the project a homelike feel, and playful features, including chalkboard walls, pendant lights, hidden storage and a multi-functioning fun wall, delight children and adults alike.

Who can stay at the Heartfelt House?
Family members of adult patients who meet the following:

- A verified appointment/hospitalization
- A permanent physical address
- Family members of pediatric patients who meet the following:
  - Have a child age 21 or younger, or are expecting a baby due within two weeks
- Patients younger than age 18 must be accompanied by a parent or legal guardian
- Patients ages 18 to 21 must be accompanied by a support person who is at least age 18 and knows about the patient’s medical care
How far in advance can guests request a room and how long can they stay at the Heartfelt House?
Guests can request to reserve a room up to one day before an appointment or discharge from the hospital. The maximum length of stay is three months, but guests may request an extension if they need to stay longer.

What does it cost to stay at the Heartfelt House?
All patient families are welcome to stay free of charge in their “home away from home.”

How do guests make a reservation?
Guests would request a referral from their hospital social worker. A referral from a social worker is required for all first-time guests. The referral is active for one year.

How far away is the Heartfelt House from PeaceHealth Sacred Heart Medical Center at RiverBend?
The new Heartfelt House is a five-minute walk from the hospital. The former Children’s Miracle Network/Lions Club Patient Family Guest House on Patterson Street in Eugene was a 15- to 30-minute drive from the RiverBend campus depending on traffic.

What is included in each guest suite?
Each suite is a private room with a bathroom, storage, microwave and mini fridge. There are no kitchens in the suites.

How many people can stay in a room?
Up to six per room.

What amenities are available?
The Heartfelt House offers access to a full kitchen and dining room in each wing, laundry facilities, lounges for quiet relaxation and reading, a library/business center, indoor and outdoor children’s play areas, a pool table, music spaces and creative craft spaces. Special programming also is available, including free meals prepared by volunteers, pet therapy, arts and crafts projects, and other activities for children and families.

How does the partnership between PeaceHealth Sacred Heart Medical Center and Ronald McDonald House Charities work?
PeaceHealth Sacred Heart Medical Center owns the Heartfelt House. PeaceHealth is partnering with Ronald McDonald House Charities to provide check-in services, housekeeping, laundry and security for the Heartfelt House. RMHC has hired Springfield Guest Services Manager Rachel Edwards, to manage the house. Rachel may be contacted at 458-221-1362, or email rachel.edwards@rmhcoregon.org.

Are you still housing families at the Patterson Street patient family guest house?
No. The Heartfelt House will serve as our new guest house for families of patients at PeaceHealth Sacred Heart Medical Center at RiverBend and University District.

Are there volunteer opportunities at the Heartfelt House?
Yes. For more information on volunteering, or donating food, toys or services, please contact Springfieldinfo@rmhcoregon.org.