

MY SURGERY JOURNEY

Minneapolis • St. Paul

At Children's Minnesota, we realize that knowing what to expect makes surgery, anesthesia and recovery less stressful for your whole family. We are here to help you through the journey. Use this checklist as a guide for what you need to know before taking your child home. Please ask us any questions that you have along the way.

<p>1</p> <p>I have my ID bracelet on and met my nurse.</p>	<p>2</p> <p>I put on my hospital pajamas.</p>	<p>3</p> <p>My nurse is here to listen to our questions; I know how to get help when I need it.</p>	<p>4</p> <p>I've met my surgery team: surgeon, OR nurse and anesthesia team.</p>
<p>5</p> <p>My questions and concerns have been addressed by my surgeon.</p>	<p>6</p> <p>My bracelet has been checked by my team.</p>	<p>7</p> <p>I'm off to surgery — my family knows where to wait for me.</p>	<p>8</p> <p>Surgery is done and I'm recovering.</p>
<p>9</p> <p>I'm with my family, eating popsicles and drinking juice.</p>	<p>10</p> <p>I've been offered medicine for my pain; I am as comfortable as possible.</p>	<p>11</p> <p>The nurse explained my care at home in a way we all understand.</p>	<p>12</p> <p>My family knows what my medicines are for, possible side effects and when to give them next.</p>
<p>13</p> <p>My IV is out, I'm dressed and ready to go home.</p>	<p>■ Pre-op ■ Surgery ■ Recovery ■ Post-op</p>	<p>Notes:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	