Welcome to American Family Children’s Hospital!

This activity book is to help you learn about going the operating room at American Family Children’s Hospital (AFCH). Many kids go to the operating room (OR) for surgery. Surgery is something doctors do to help fix a part of your body. Other kids go the OR so the doctors can look inside their body or do a test to help them feel better.

Remember to bring your favorite stuffed animal, blanket or movie. If you have any questions before your surgery about AFCH, check out our website at www.uwheathkids.org.

From your surgical team at AFCH

My Name is: ________________________________

My Age is: 3 4 5 6 7 8 9 10 11

I [have] [have not] had surgery before

The Date of my Surgery is: ____ / ____ / ____
Why are you having surgery?

Draw a picture of the part of your body where you are having surgery.

I am having my tonsils removed so I don't get sick as often.

I am having my leg fixed so I can walk better.
Checking into the Hospital

Fill in the blanks when you are at the hospital for your surgery.

The nurse will measure your oxygen level with a sticker or soft clip on your finger.

My Weight is ___ pounds

My Height is ___ feet & ___ inches

My temperature is:

°F
You will be given hospital pajamas to wear.

What color are your pajamas?

The doctor may use a marker to write on the part of your body where you are having surgery.

My Blood Pressure is: ___ / ___ mmHg
Can you find these medical objects on the next page?

- IV Bag
- Syringe
- Surgical Mask
- Blood Pressure Cuff
- Pills
- Medicine Cup
- Name Band
- Thermometer
- Stethoscope
- EKG Sticker
- Surgical Cap
- Pajamas
- Anesthesia mask
- Pulse Oximeter
At American Family Children’s Hospital we care about your comfort. We will ask you to use a pain scale like the one below to tell us about your pain.

Most kids have some pain after a surgery. You will get medicine to help with your pain. Here are some things you can do in the hospital or at home to also help you control your pain.
If a parent comes with you to the OR, he or she will wear a gown, hat and shoe covers.

Your bed will be wheeled down the hallway.
You can choose a candy flavor to smell in your mask.

You will breathe special air called anesthesia through the mask so you fall asleep for your surgery.

This sticker wraps around my finger and measures the oxygen in my blood.

This is a soft, clear mask that goes over my nose and mouth.

These clip to stickers on my chest and measure my heart beats.

This is the room where you will have surgery.
You can choose a candy flavor to smell in your mask.

You will breathe special air called anesthesia through the mask so you fall asleep for your surgery.
Recovery Room

After your surgery you will wake up in the recovery room.

You will still have the stickers on your chest and finger, blood pressure cuff on your arm, and a small, flexible tube, called an IV, in your hand.
Some kids go home the day of surgery…

Others stay in the hospital for a while.

When you go home it is OK to return to your normal routine and do things that you enjoy. Remember that you can also help control your pain with activities such as playing a game or reading a book. What are some things you can think of doing at home that can help you relax or control your pain?
There are a lot of people who work in a hospital.
Ask everyone you meet to sign their name in the space below.

Questions I have about my surgery: