

FLYING THROUGH OUTPATIENT SURGERY WITH

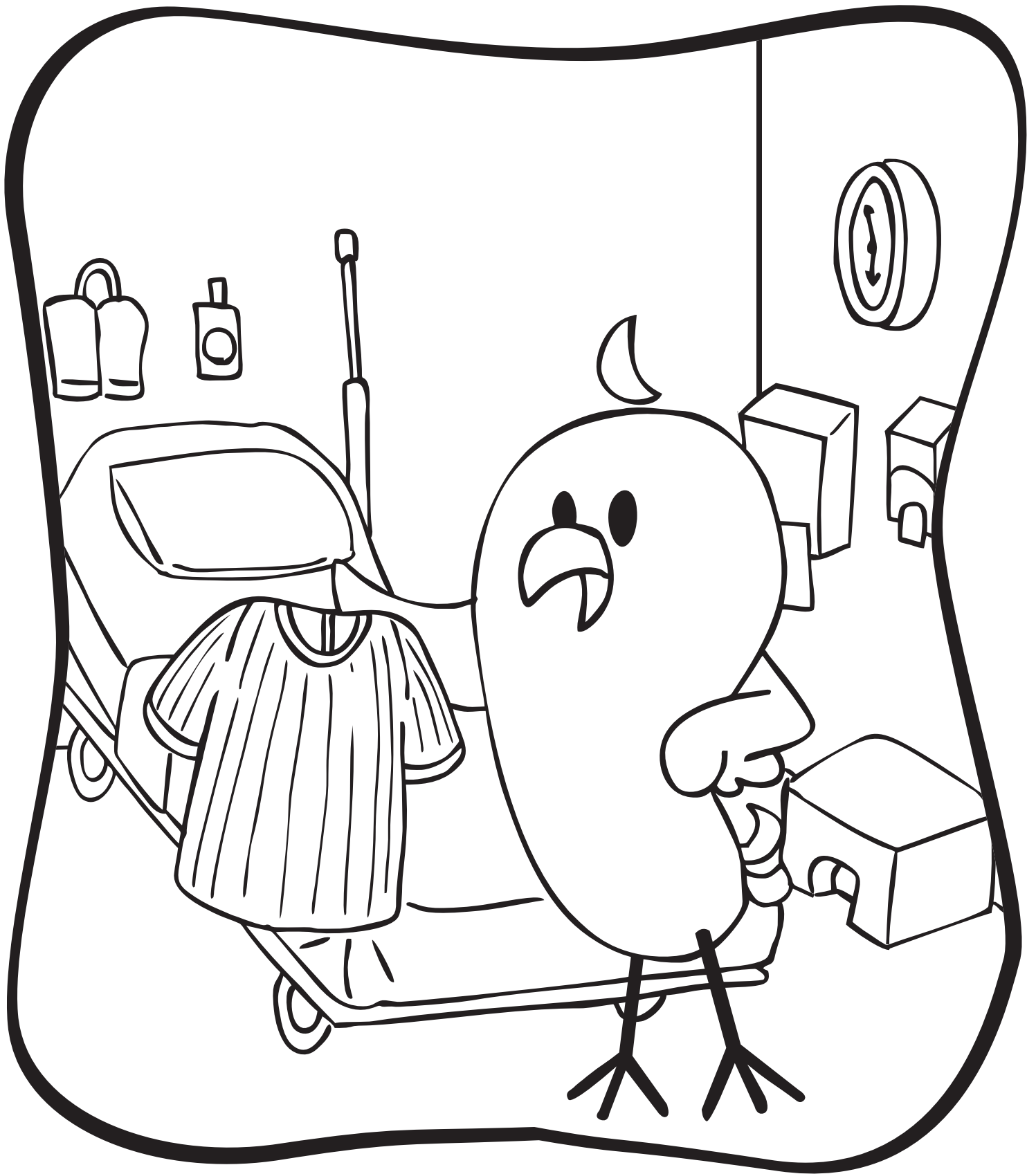
# CHIPPER







On surgery day Chipper's first stop was the Outpatient Surgery waiting room. This is where Chipper signs in. When the nurse calls Chipper's name, Chipper will go back to the exam room.



The nurses are really nice and will take good care of Chipper. They will ask a lot of questions. The exam room is where Chipper will change into silly hospital pajamas.

# Who will Chipper meet today?

There are a lot of people that you will meet today in Outpatient Surgery. Ask for their signature or autograph!



Registration Staff



Pre-op Nurse



Child Life Specialist



Anesthesia Team



Surgeon



OR Nurse

**Famous  
Autographs**



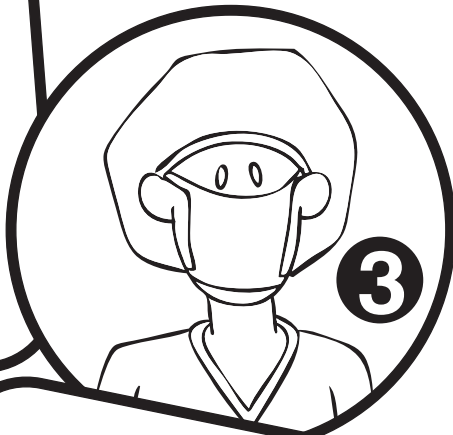
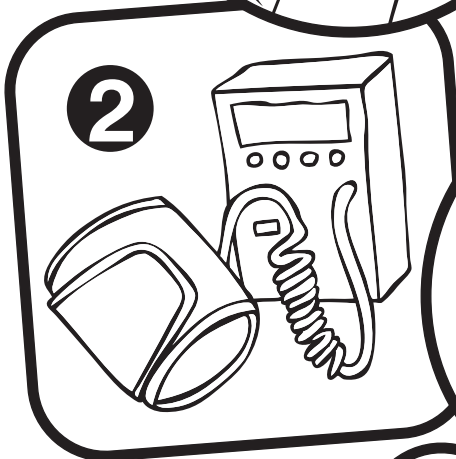
Recovery Nurse



Stepdown Nurse

# Things You See

## MATCHING GAME



— **Blood pressure cuff:** Feels like a tight hug. It measures your blood pressure.

— **Thermometer:** Tickle across your forehead. It measures your temperature.

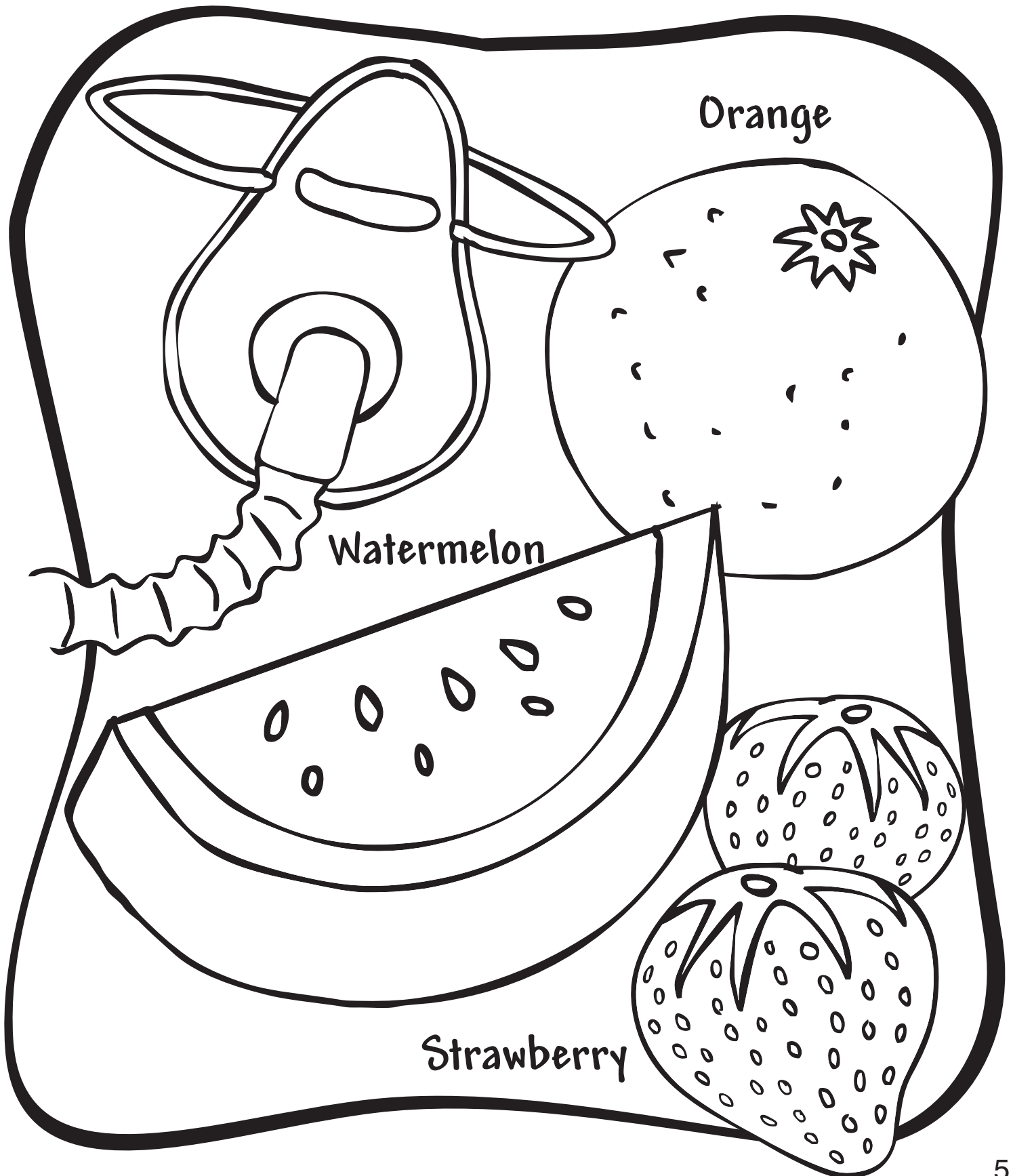
— **Pulse oximeter:** Sticky like a band aid around your finger with a shiny red light at the end. It measures your heart beat and oxygen in the body.

— **Stethoscope:** Listens to your heart and lungs. You may be asked to take deep breaths.

— **I.D. wristband:** Tells everyone your name like a badge. But this goes on your wrist.

— **Hats and Masks:** Special clothes doctors and nurses wear to keep everything clean.

Chipper met a special doctor called an anesthesiologist. This doctor will give Chipper special air medicine that helps Chipper fall asleep for his surgery. Chipper picked a good smell to go inside the mask. Which one will you pick?



# Time for Surgery!



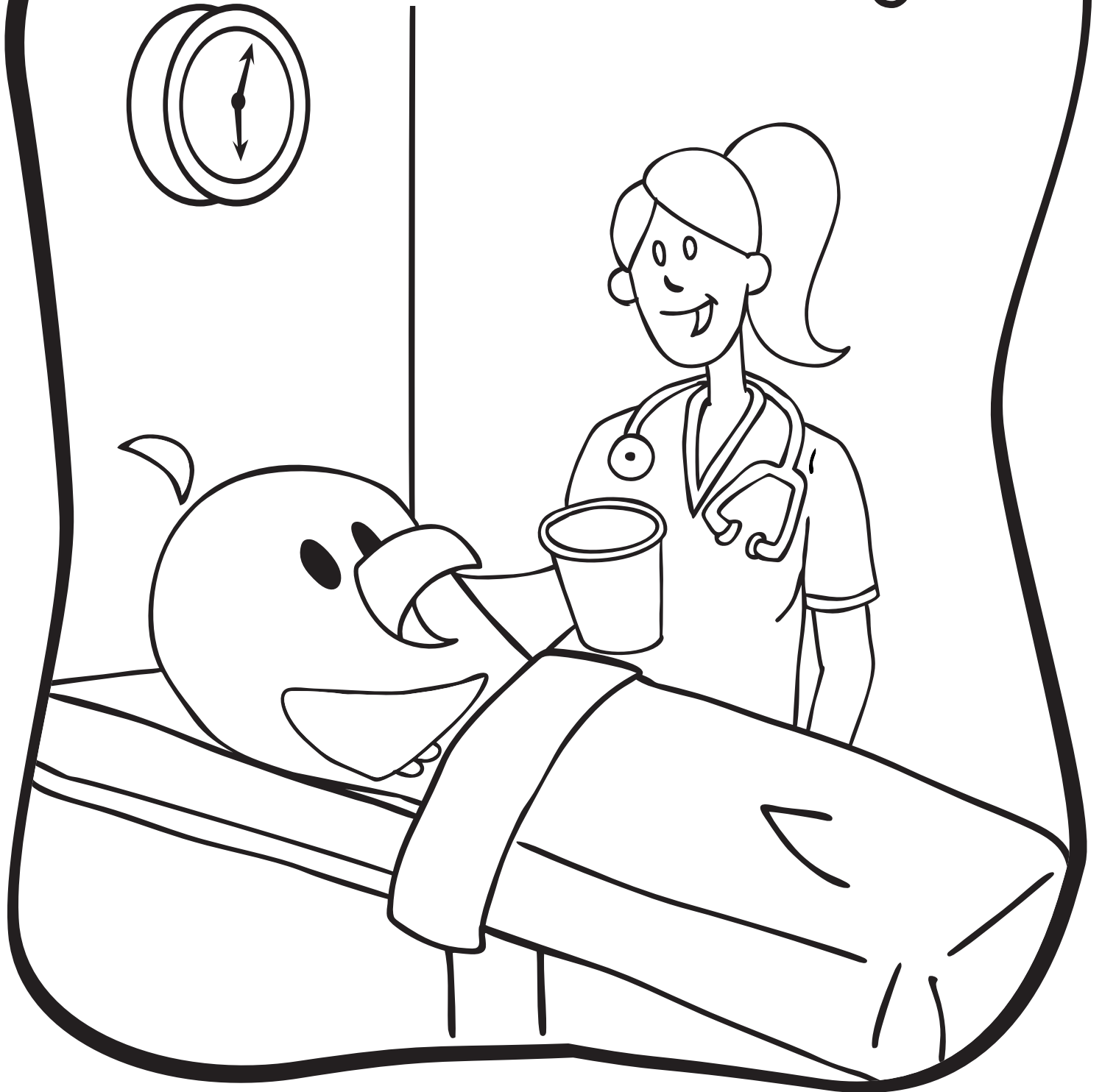
This room has a bed, lights that look like spaceships, and a machine that will give Chipper the sleepy air medicine. The doctors will work on Chipper's body after Chipper is asleep.





**ANESTHESIA**

# Recovery



After surgery, Chipper wakes up in the recovery room. When you wake up, mom or dad can be right by your side. You can also pick something to drink like water, apple juice, even a popsicle!

# On YOUR day of Surgery

What are you  
doing today?

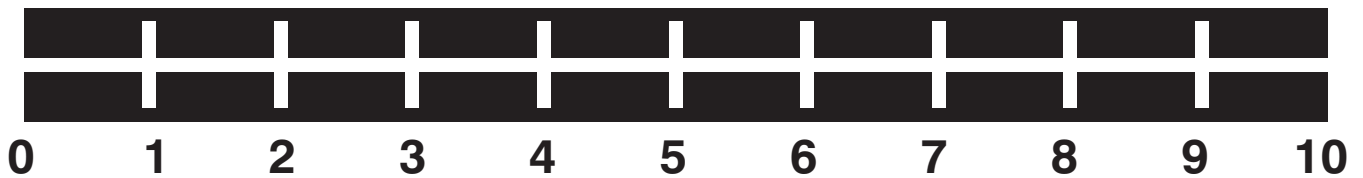
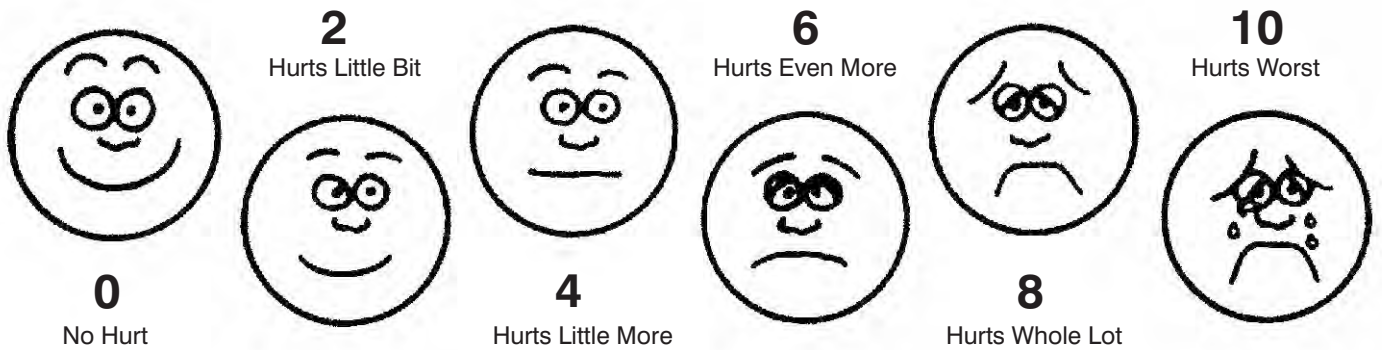
How do  
you feel?

What makes  
you feel  
better?



# How do you feel after surgery?

Your job in the recovery room is to tell us how you feel. Choose a face or a number on the pain scale to tell us how you are feeling.



Here are a few things that helped Chipper feel better after surgery.

- Taking deep breaths in through your nose (like you are smelling a flower) and out through your mouth (like you are blowing bubbles)
- Watching TV or a movie
- Drinking water or taking medicine
- Playing I-spy with your nurse
- Holding a family member's hand

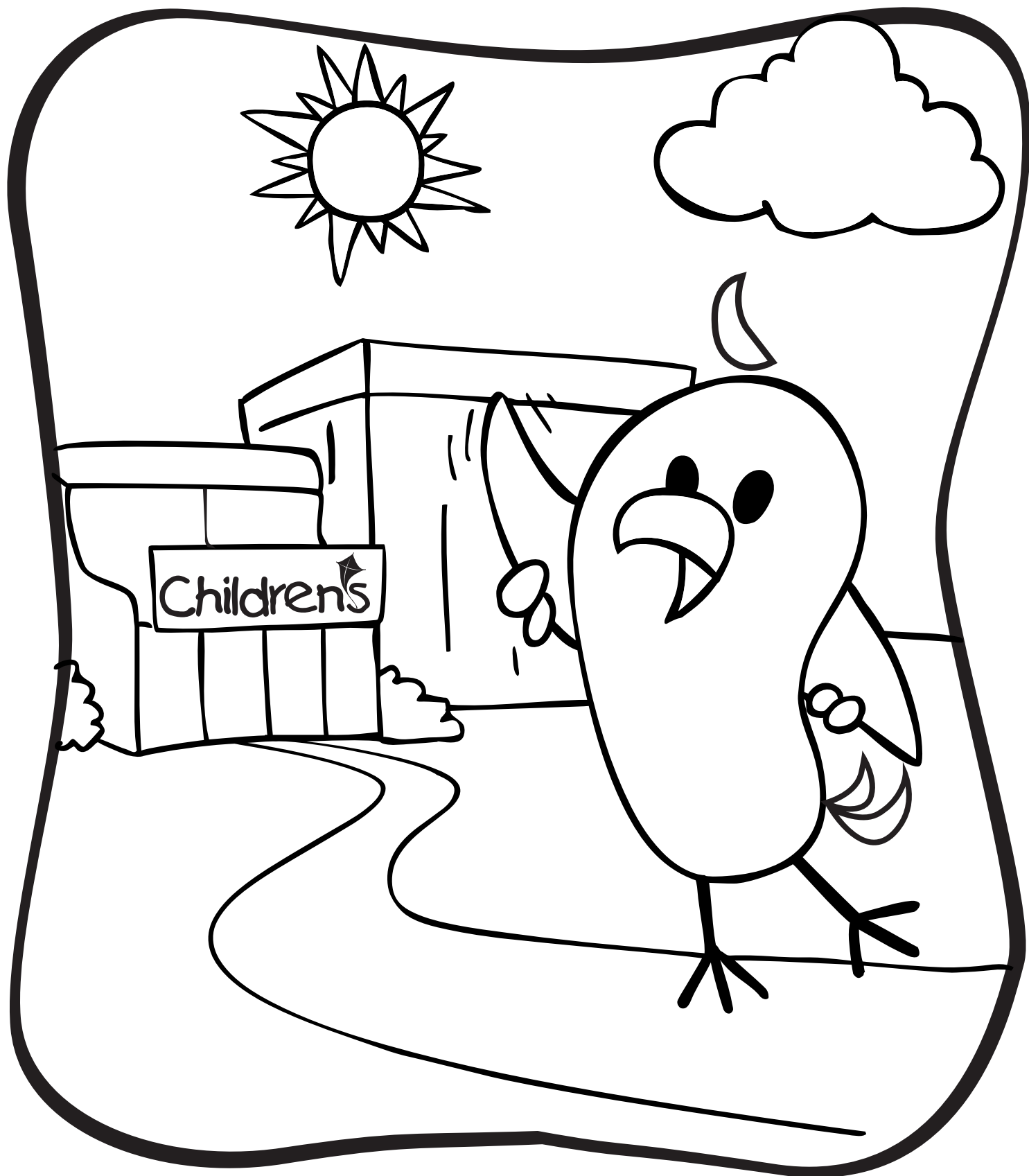


# I-SPY GAME

I spy a thermometer, stethoscope, and Chipper. Circle the pictures of what you saw while you were in the hospital.



Time to go home. You did it!





# How Child Life Can Help

The Child Life Department recognizes that hospitalization and illness cause stress for both children and their families. Child life specialists work as part of the medical team to promote optimal child development and minimize the stress of hospitalization for families. In an effort to promote a positive learning experience for children, child life specialists facilitate coping and adjustment in circumstances that might otherwise be overwhelming.

At The Children's Hospital at OU Medical Center, each child life specialist holds a bachelors and/or masters degree(s) in child development, psychology, or other related areas, and is professionally certified through the National Child Life Council.

## Preparation for Surgery

Child life specialists are available to prepare children and families for what to expect the day of surgery. Surgery preparation and information provided to children in words they can understand has shown to reduce fear and anxiety about surgery and help children recover more quickly. To schedule a pre-surgical tour, please call 405.271.4952, extension 3.

## Contact the Child Life Department

The Children's Hospital at OU Medical Center  
1200 North Children's Avenue (formerly Phillips Avenue)  
Oklahoma City, Oklahoma 73104  
Phone: 405.271.4952  
Fax: 405.271.4970