

My Surgery Activities Book



This Book Belongs To:

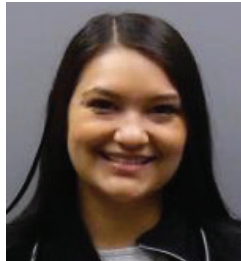
MultiCare 

Mary Bridge Children's 

These are some of the **nurses** that help kids get ready for their surgery. Do you see your nurse's picture?



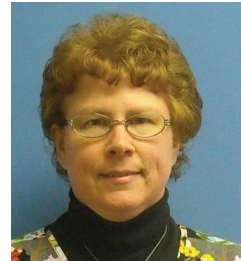
Kim



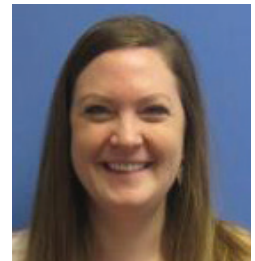
Jenn



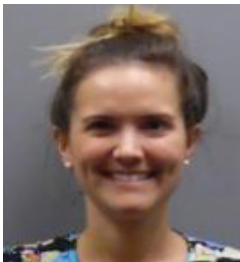
Ann Marie



Marci



Julie



Emily



Jenny



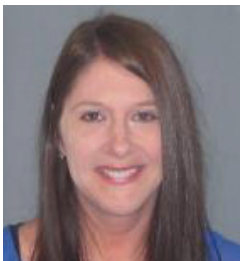
Ruth



Mariel



Veronica



Jenny



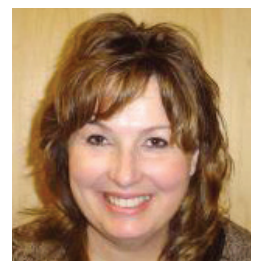
Joan



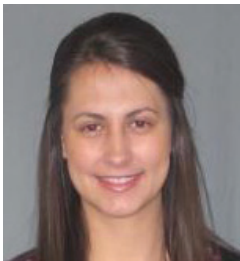
Carah



Debbie



Sandy



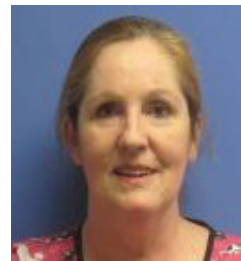
Tavifa



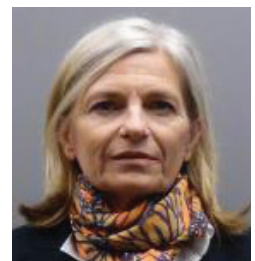
Shannon



Rachael



Debbie



Lauren



Christy



AJ



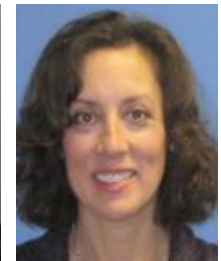
Kelsey



Courtney



Sydelle



Valerie

Child Life Specialist



Dear Parents...

Welcome to Mary Bridge Children's Hospital & Health Center.

This book was created to help you prepare your child for the experience of coming to the Mary Bridge Children's Hospital for surgery. It allows children to become familiar with what to expect the day of surgery, while providing them an opportunity to express their related thoughts and feelings. Sharing this information in an honest, yet gentle way can help your child begin to gain trust in you and the medical team surrounding the hospital experience. This book can also be used as a journal for the child to document his/her experience. If your child asks a question you are unable to answer or you would like more information specific to your child's surgery, please feel free to contact your surgeon's office, or Mary Bridge Ambulatory Surgery at 253-403-9569.

You can also receive information on preparing your child for surgery on our website: <http://www.multicare.org/mary-bridge-hospital/>

Sincerely,

Pediatric Pre/Post Surgical Staff

Mary Bridge Children's Hospital

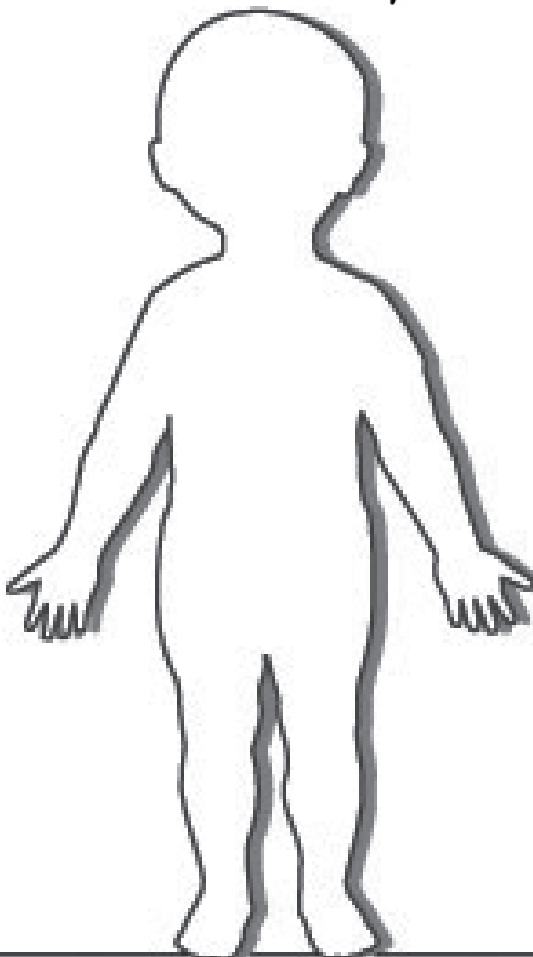
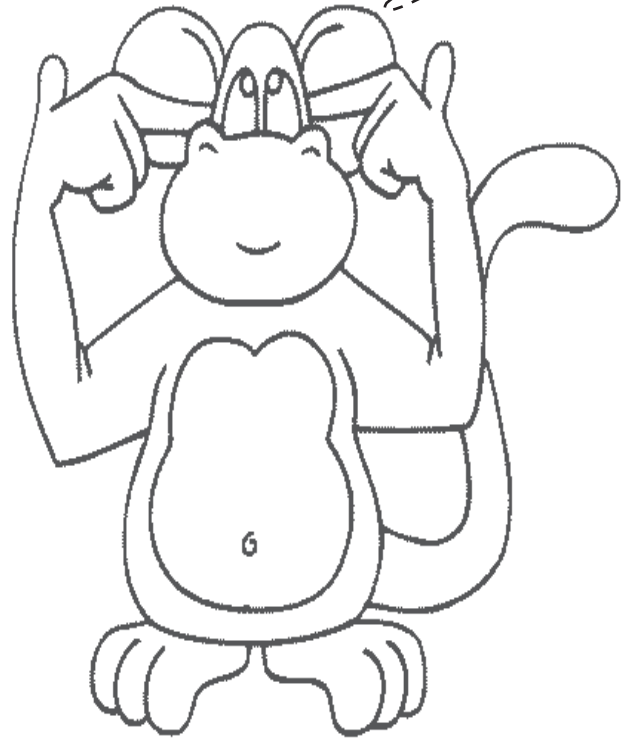
You're having surgery!

Surgery helps your body.

I am having surgery to take my tonsils out and help my throat.



I am having surgery to put tubes in my ears so I can hear better.



Where are you having surgery?

Draw your face on the person.
Then, circle the place where you are having surgery.

The Day of Your Surgery

You won't be able to have anything to eat or drink for a while before your surgery. Not even water. You may be a little hungry or thirsty.

You can take one small toy with you when you have your surgery.



Draw the toy
you want to
take with you
to surgery.

Before Surgery

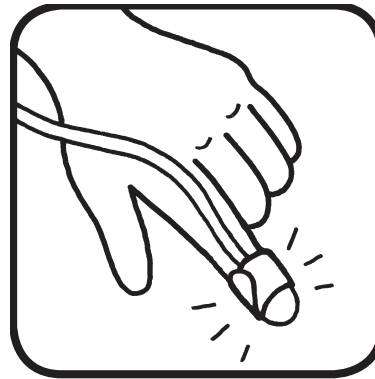
You and your toy will get **bracelets** with your names on them.



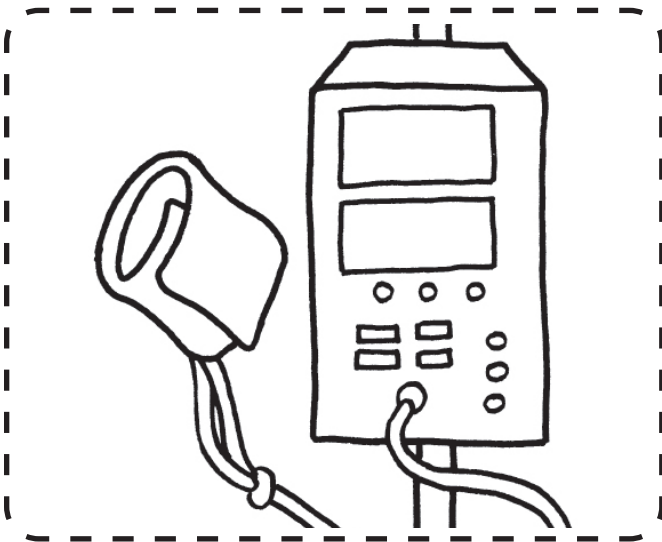
You will put on surgery **pajamas**. What color are your pajamas?



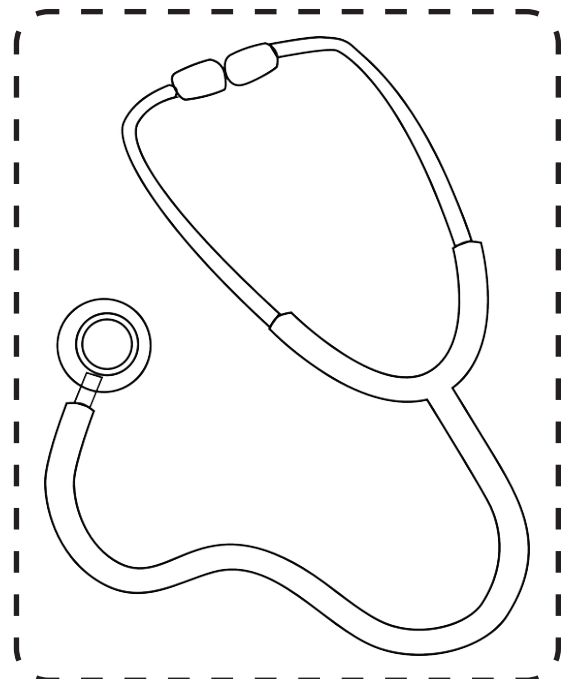
The nurse checks your **temperature**. We also need to find out how much you weigh and how tall you are.



The **pulse oximeter** tells us the oxygen level in your blood.



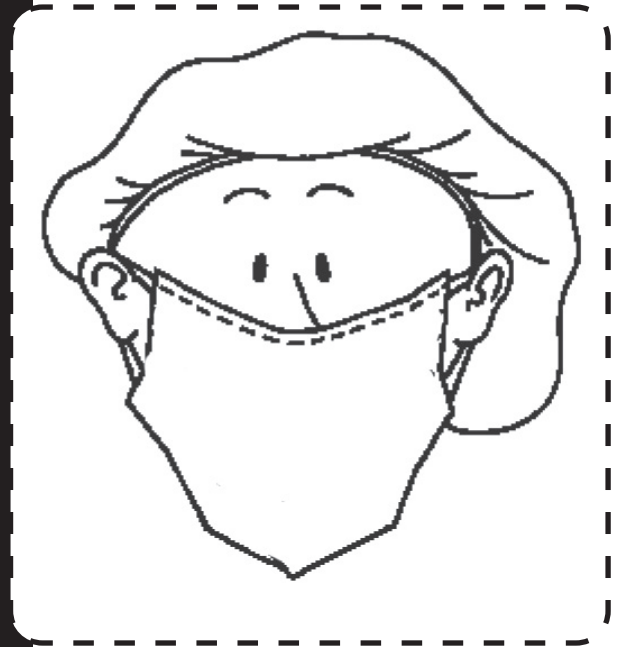
A **blood pressure cuff** gives your arm a big squeeze.



A **stethoscope** lets the nurse or doctor listen to your body.

People You Will See

You will see people in different clothes. During surgery, they wear masks over their mouths and noses and hats on their heads to keep any germs and hair from falling on you. This is to keep everything super clean in the surgery room.



Draw the smile that's behind the mask.

The **surgery doctor** will explain how they will help you.



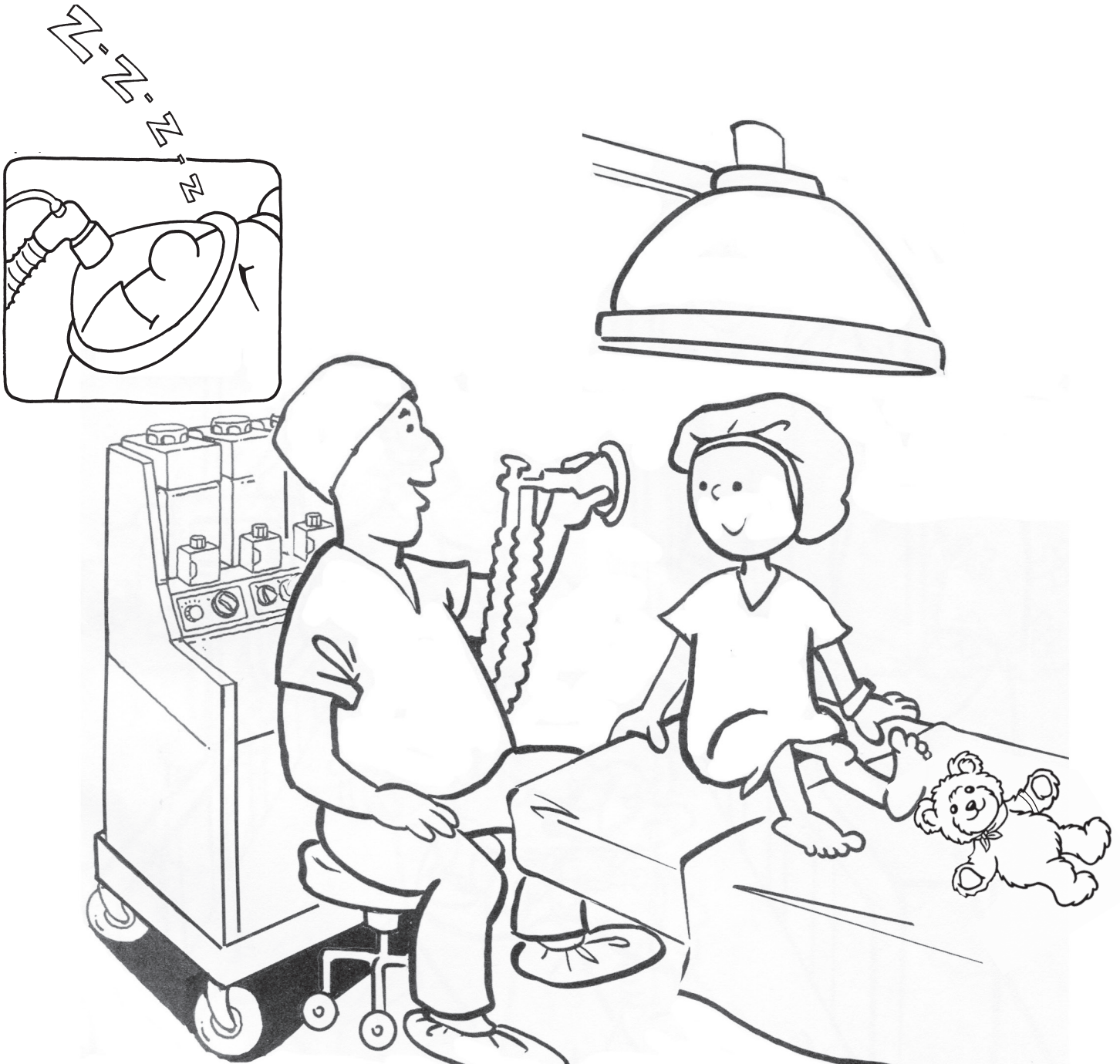
The **nurses** will get you all ready for your surgery.



The **sleep doctor** helps you sleep for surgery.

Going to Surgery

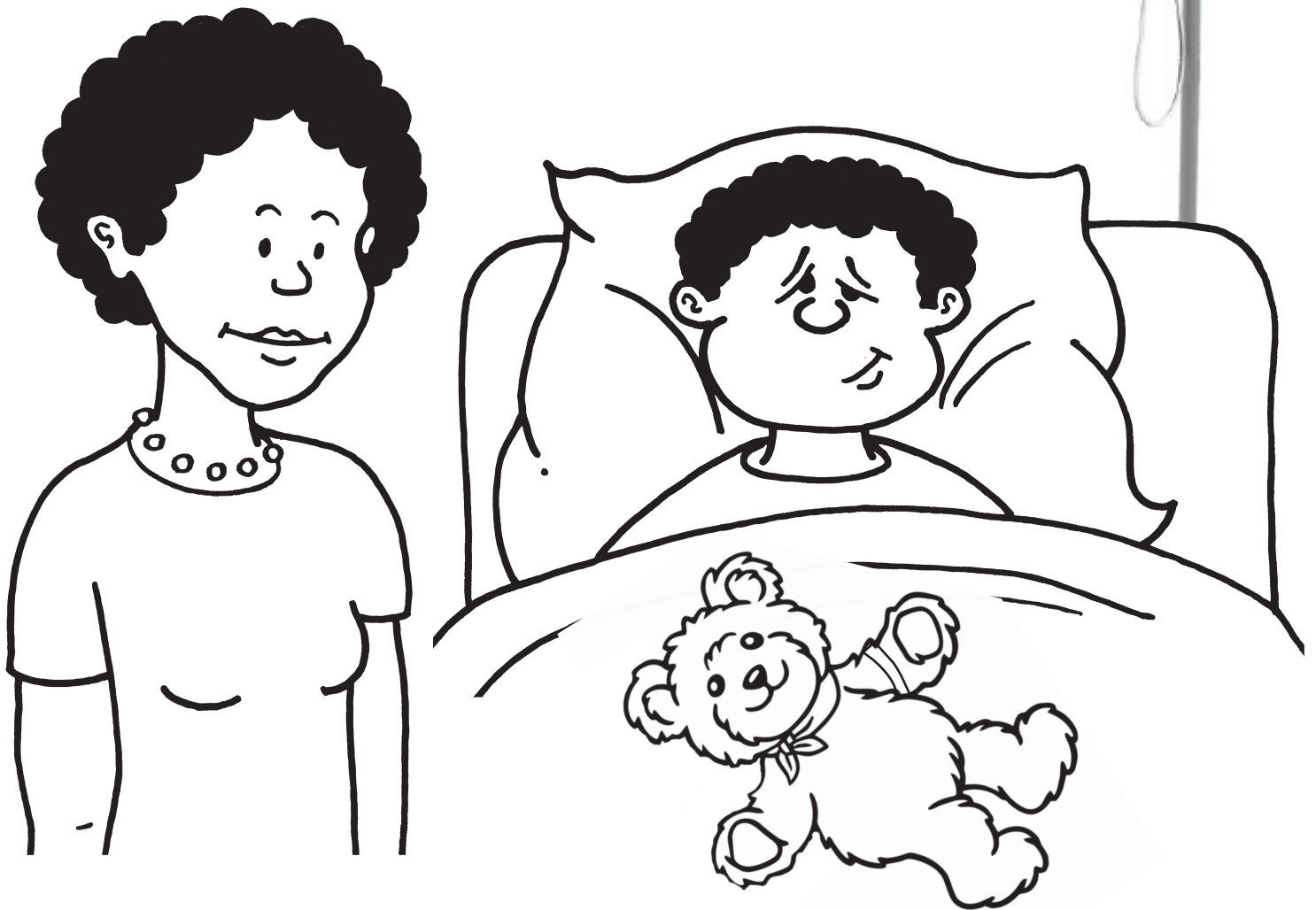
The operating room is where your surgery is done. You will lie on a bed. You see big **machines** and **lights**. You hear loud beeps. Nice people take care of you.



The **sleep doctor** gives you special air through a mask. This air makes you sleep through the surgery. You will wake up when the surgery is all done.

Waking Up

You will wake up in the wake-up room. You may feel sleepy or dizzy. A nurse is there to take care of you. The person who brought you to the hospital will see you soon. You may have a straw in your hand or arm giving you medicine. This is called an IV. IT will come out before you go home.



Going Home – When your doctor says it's OK, you can go home. You did it!



HOSPITAL MAZE



1

Get wrist band and meet your nurse.



2

Put on PJ's.



3

Check weight, temperature and blood pressure.



5

Relax, watch TV or play a game.



4

Meet the doctors and nurses that will take care of you.



8

Wake up in the wake-up room



7

Go to operating room and breath sleepy medicine.



6

The Child Life Specialist can show you the mask and pictures of the OR if you want.



9

You're DONE!!



Some of the people I met in the hospital were:

The best part about going to the hospital was:

The hardest part about going to the hospital was:

If one of my friends needs to have surgery, I would tell them:

THINGS USED IN THE HOSPITAL

Can you **draw a line**
from the words to the matching picture?

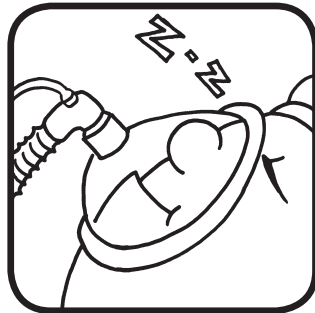
These stickers listen
to your heart



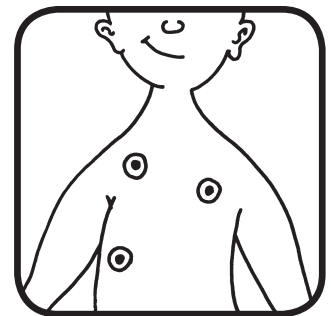
This checks
your temperature



This checks your
blood pressure



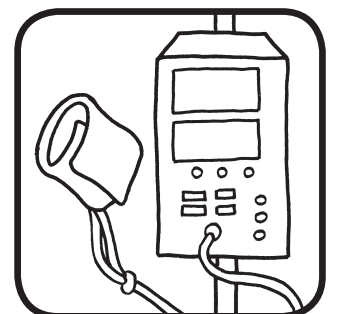
This sticker lights
up red and
checks your oxygen



This mask gives you
sleepy medicine



This hat and
mask protects
you from germs



1. drocto

2. nseugor

3. ermomerthet

4. ensurs

5. ysgruer

6. rtswi dnba

7. phiotsla

S	B	L	O	O	D	P	R	E	S	S	U	R	E
L	W	M	A	R	Y	B	R	I	D	G	E	S	S
E	A	O	T	N	Y	X	Z	G	A	M	E	S	T
E	K	C	H	I	L	D	L	I	F	E	V	W	E
P	E	O	E	E	P	O	P	S	I	C	L	E	T
Y	U	O	R	T	C	C	T	S	R	Q	P	L	H
M	P	K	M	H	I	T	D	L	I	F	K	U	O
E	R	I	O	O	P	O	L	S	E	O	X	N	S
D	O	E	M	S	D	R	F	G	H	M	I	R	C
I	O	G	E	P	A	J	A	M	A	S	A	S	O
C	M	J	T	I	C	U	I	T	A	L	Y	S	P
I	N	E	E	T	B	I	R	E	S	S	U	E	E
N	U	R	R	A	L	C	A	U	R	E	N	R	G
E	R	A	N	L	I	E	P	M	O	V	I	E	S

Find the **bold** words in the puzzle (words go straight across or down)

Games – We have a lot, do you want to play?

Hospital – Mary Bridge

Doctor – Did you meet yours yet?

Pajamas – What color are yours?

Movies – Do you want to watch one?

Mary Bridge – Name of THIS hospital

Thermometer – Shows your temperature

Juice – You can drink some in the Wake up Room!

Popsicle – Mmmm...the wake up room has some.

Sleepy Medicine – the real word is anesthesia

Child Life – She can show you the mask if you want!

Stethoscope – Listens to your heart and lungs

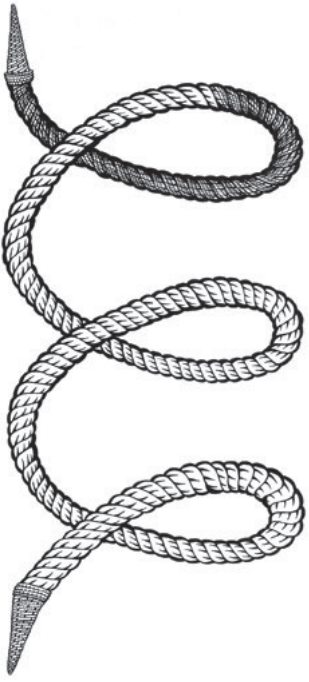
Blood pressure – Did your nurse check yours?__

Wake up Room – Where you wake up after surgery

MY QUESTIONS



AUTOGRAPHS



These are some of the nurses that help kids in the wake-up room. Do you see your nurse's picture?



Aileen



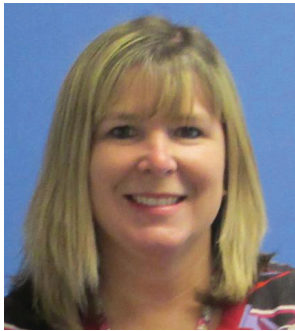
AJ



Diana



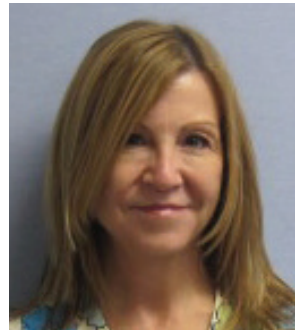
Katie



Beth



Mary



DeeDee



Jill



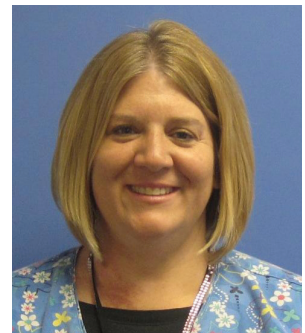
Terry



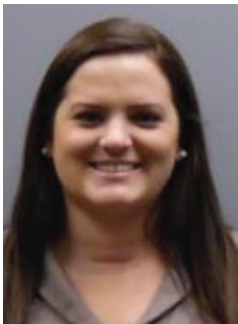
Karen



Debbie



Marcy



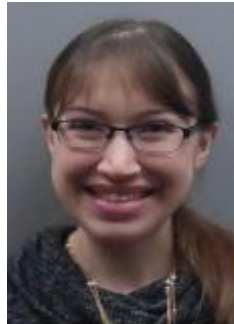
Maggie



Liz



Lisette



Sarah



Wendy

Mary Bridge Children's Hospital is the only pediatric hospital in the South Sound dedicated to caring for the special health needs of children. From open-heart surgery to asthma treatment, cancer care to diabetes, Mary Bridge specializes in advanced care for children.

At Mary Bridge, we offer specialized pediatric care, equipment and facilities that aren't available in most communities. When a child receives care at Mary Bridge, our specialists work closely with local pediatricians or primary care providers, making sure children receive the care they need. With its family-centered care philosophy, Mary Bridge provides services and accommodations for families in a child-friendly environment — a place where kids get better quicker.

