

MY SURGERY

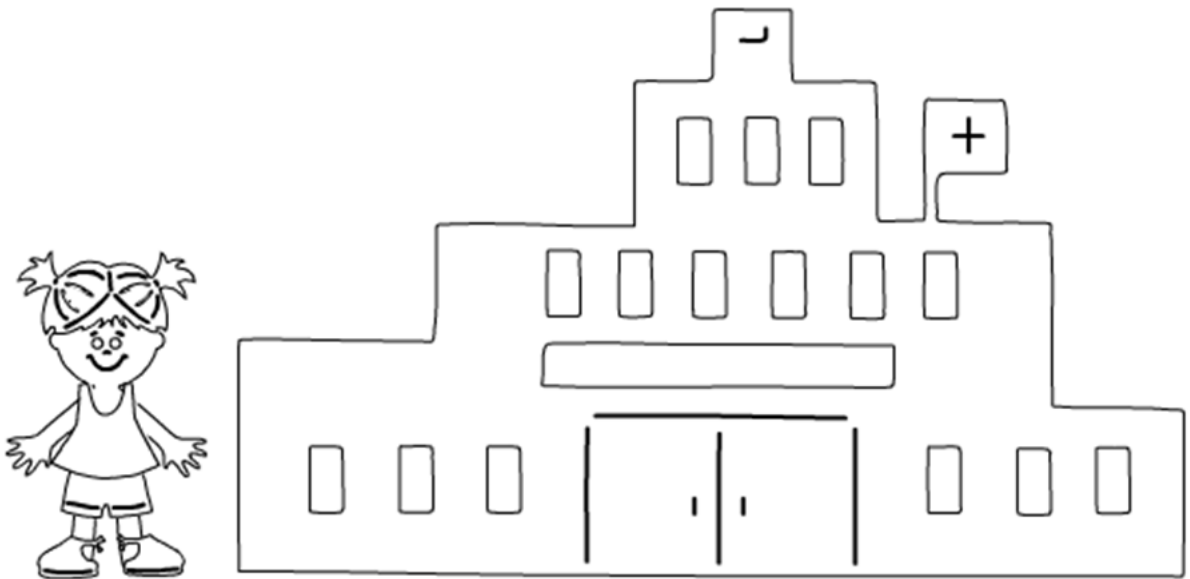


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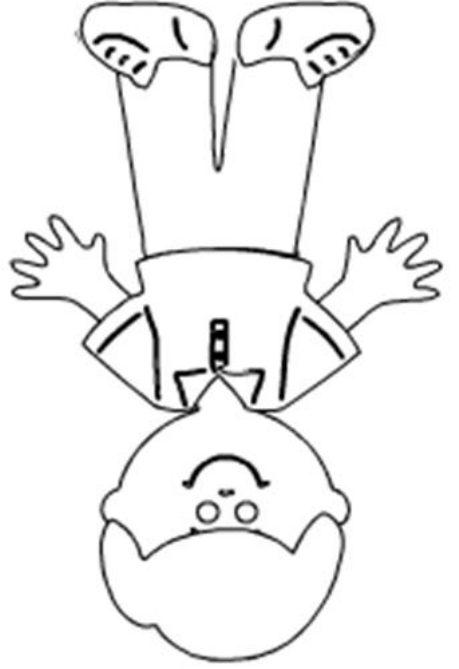
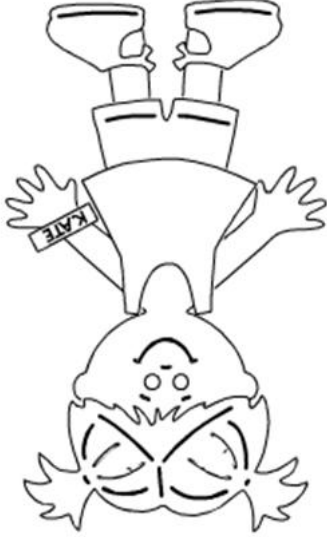
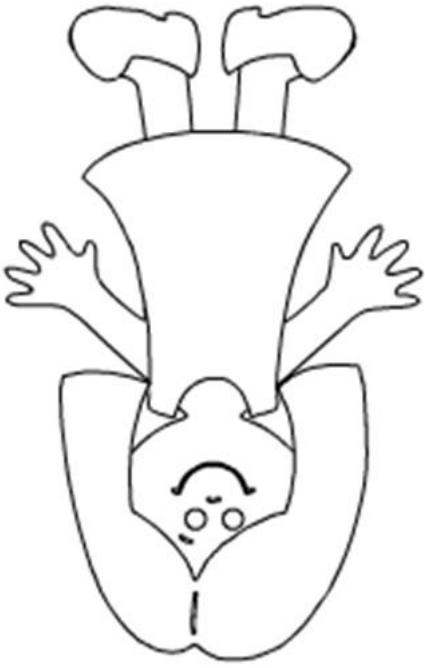


Sometimes I feel sad or scared and those feelings are okay,
Because I'll remember everything that I learned today!

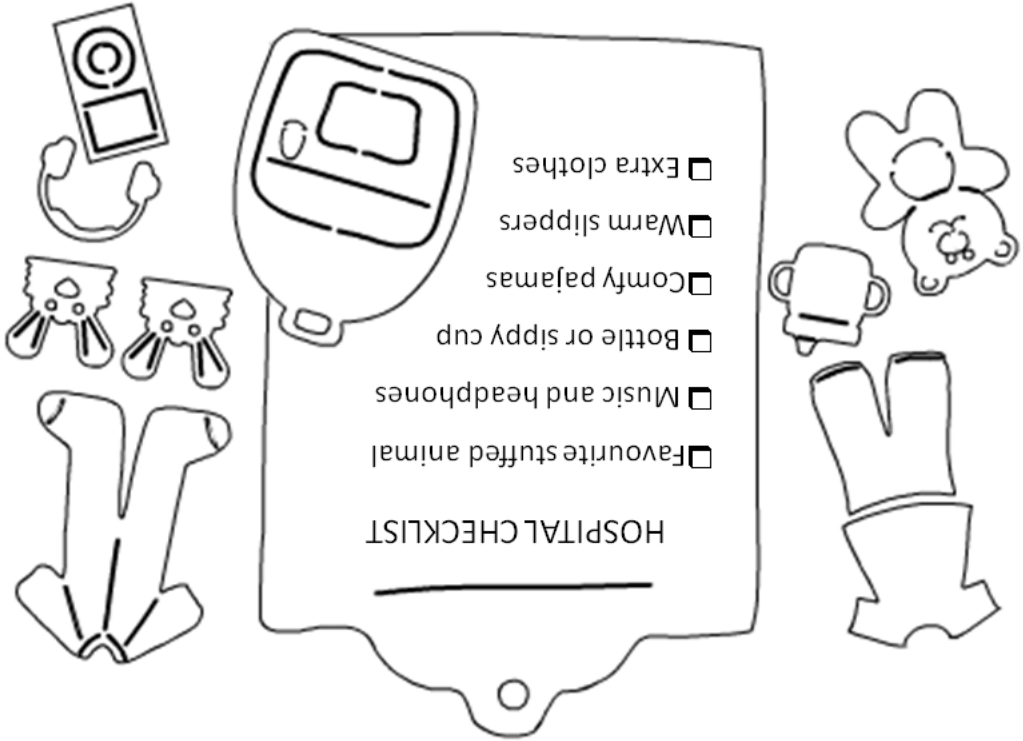


My doctor says my body will need surgery one day,
Let's take a trip to the hospital to learn, explore and play.

My hospital visit is over and I give a goodbye wave,
 My parents give me a great big hug because I was very brave.

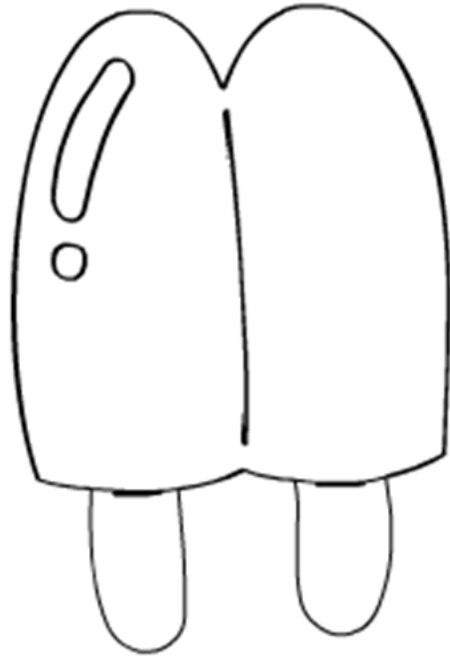


I'll get ready for my visit by packing the night before,
 Let's fill up my backpack and leave it by the door.



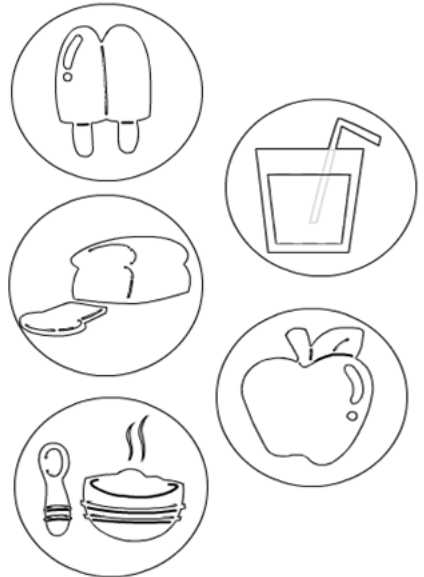
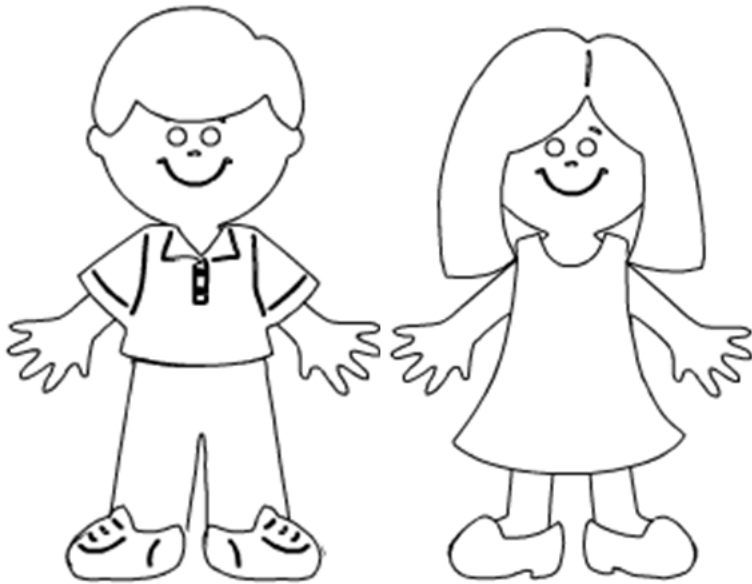
HOSPITAL CHECKLIST

- Favourite stuffed animal
- Music and headphones
- Bottle or sippy cup
- Comfy pajamas
- Warm slippers
- Extra clothes



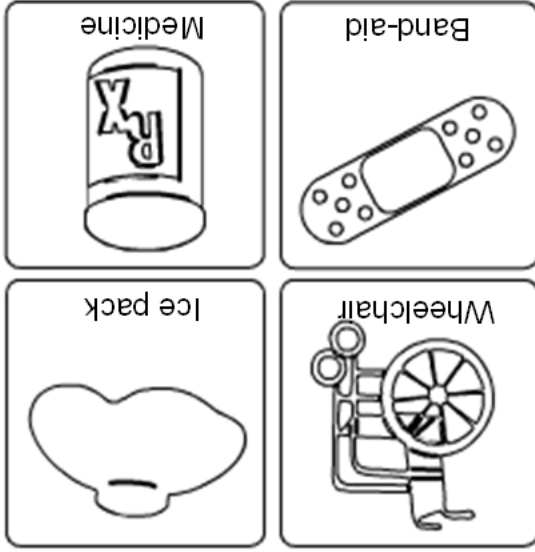
My parents tell me a secret, it's time for a special treat,
I get a drink of ginger ale and a popsicle to eat!

Let's ask Mom and Dad if I can
have anything to eat or drink!



When I wake in the morning, I won't make jam and bread,
I'll remember to ask my parents what I can have instead.

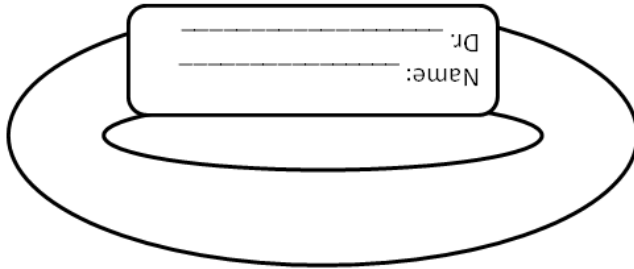
I'm feeling a little tired and it's hard to stay awake,
My nurse gives me some medicine that's very important to take.



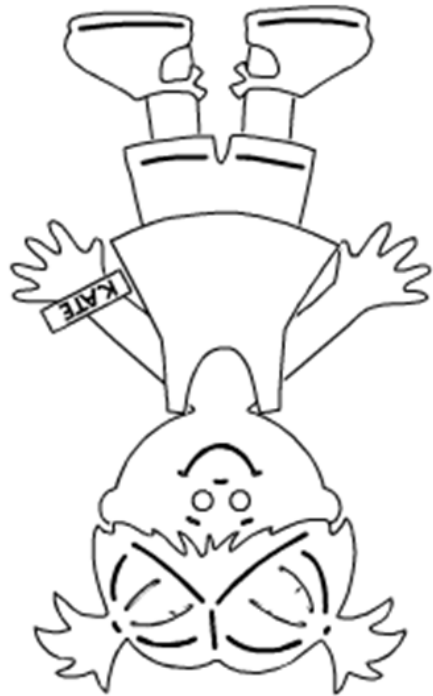
Let's look at some of the tools my
nurse can use to help me feel better!

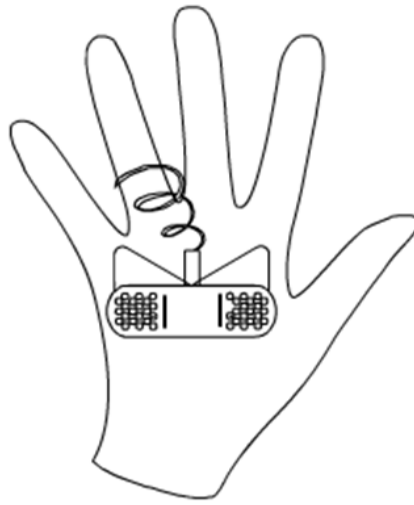


Our first stop in the hospital is a desk to say hello,
I'll get a bracelet with my name so everyone will know!



Let's fill out my hospital bracelet with
my name and my doctor's name!





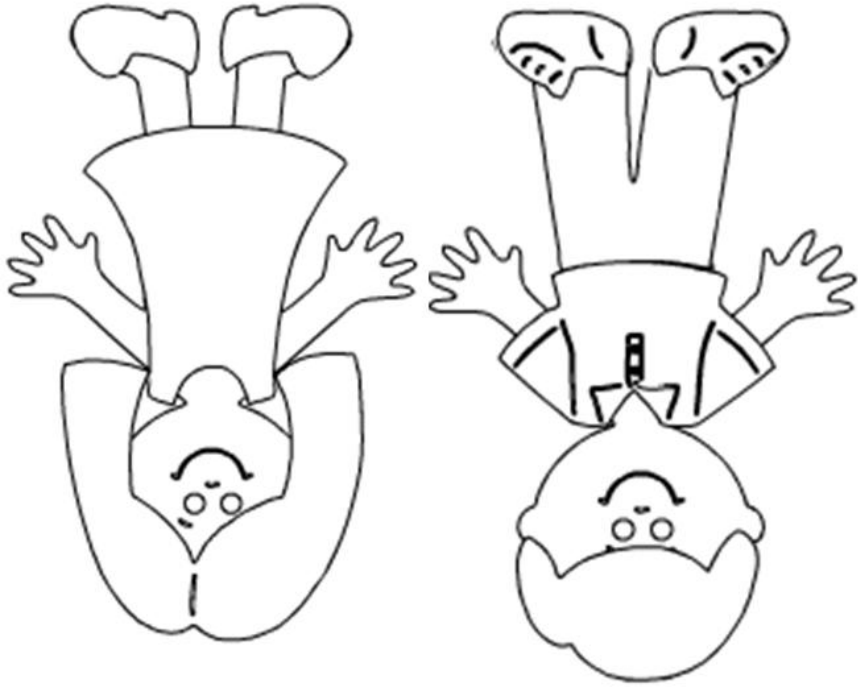
My nurse shows me the IV that hangs from a tall metal stand,
It gives my body a drink through the vein in the back of my hand!

Follow the fish down the hallway...

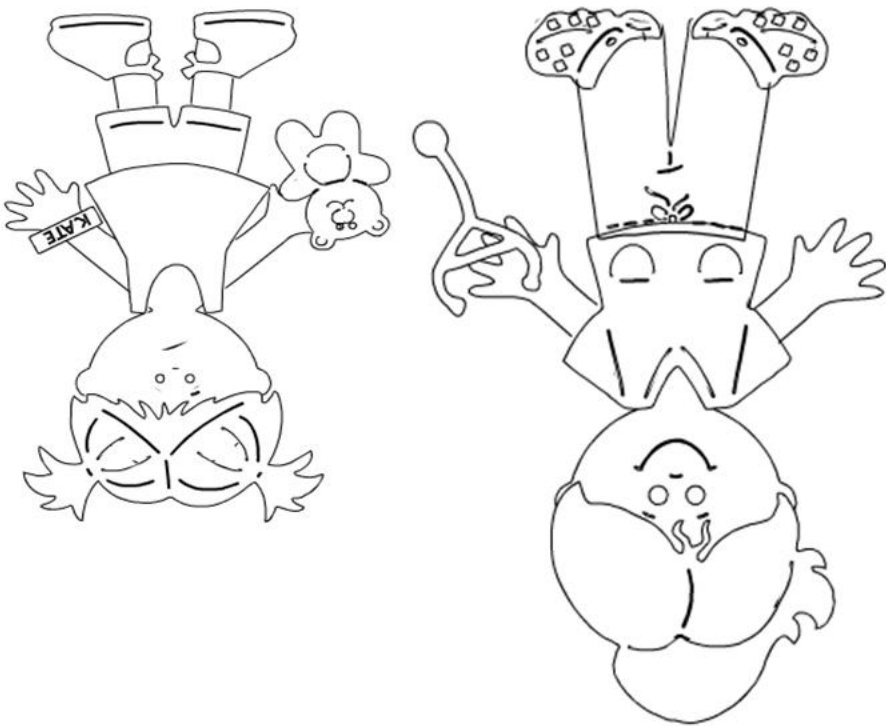


The Perioperative Care Waiting Room is the next stop in our day,
I see lots of chairs and an area for me to play!

I wake when my surgery is over and that makes me very glad,
The nurse brings me some visitors... It's my Mom and Dad!

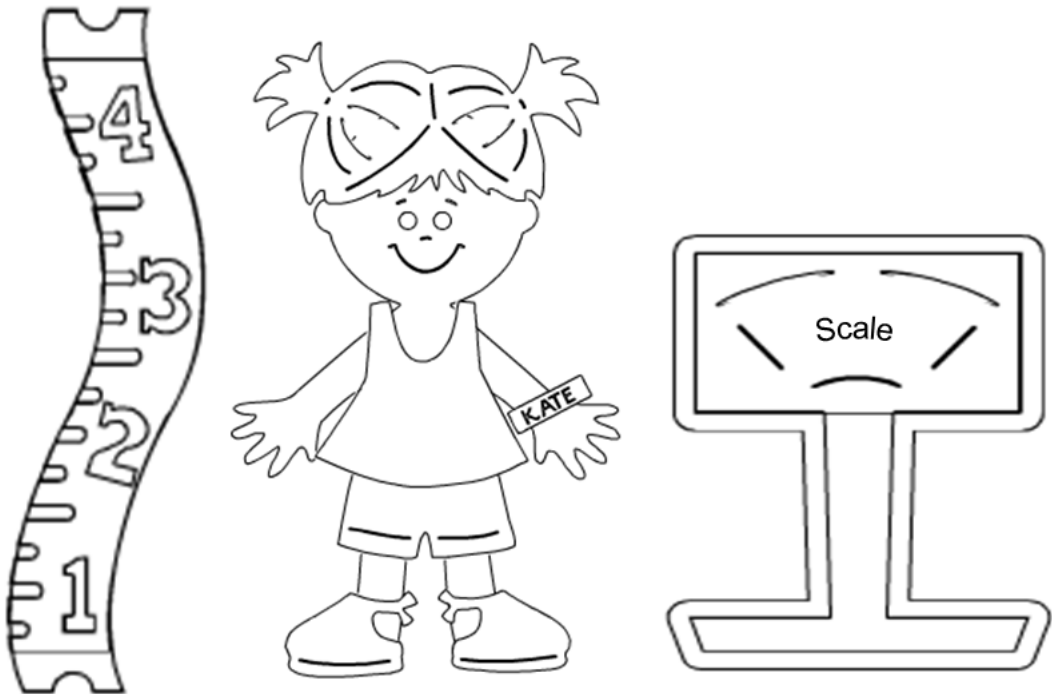


Let's go and see the nurse to make sure my body is ready,
I'm feeling a little nervous, so I hold onto my teddy.



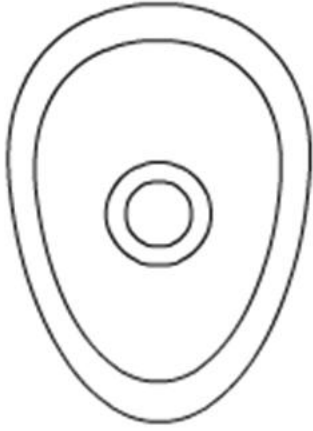


Everyone will take great care of me, I know that this is true,
I'll close my eyes and fall asleep, that is what I'll do!

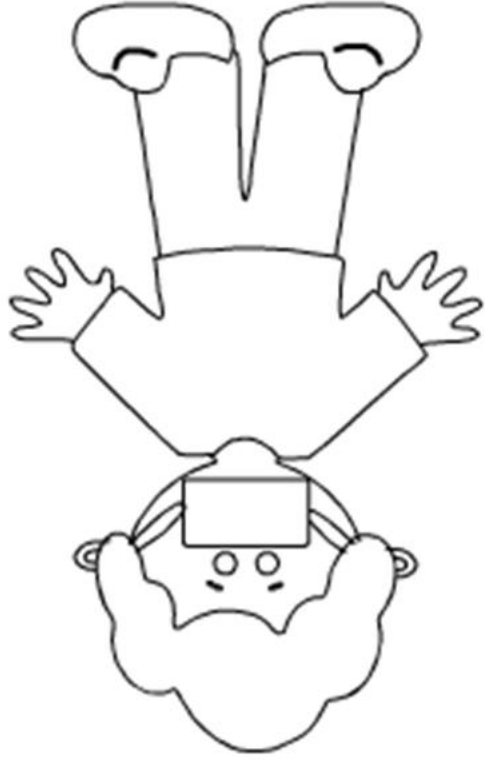


I step up on the scale and measure my height against the wall,
The nurse writes down how much I weigh and tells me I'm very tall!

The sleep doctor will give me medicine to help me fall asleep,
I'll put the mask over my face and take a breath that's deep.

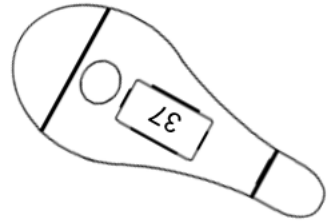


Let's practice taking
some deep breaths!

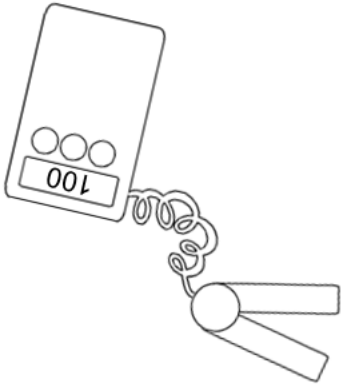


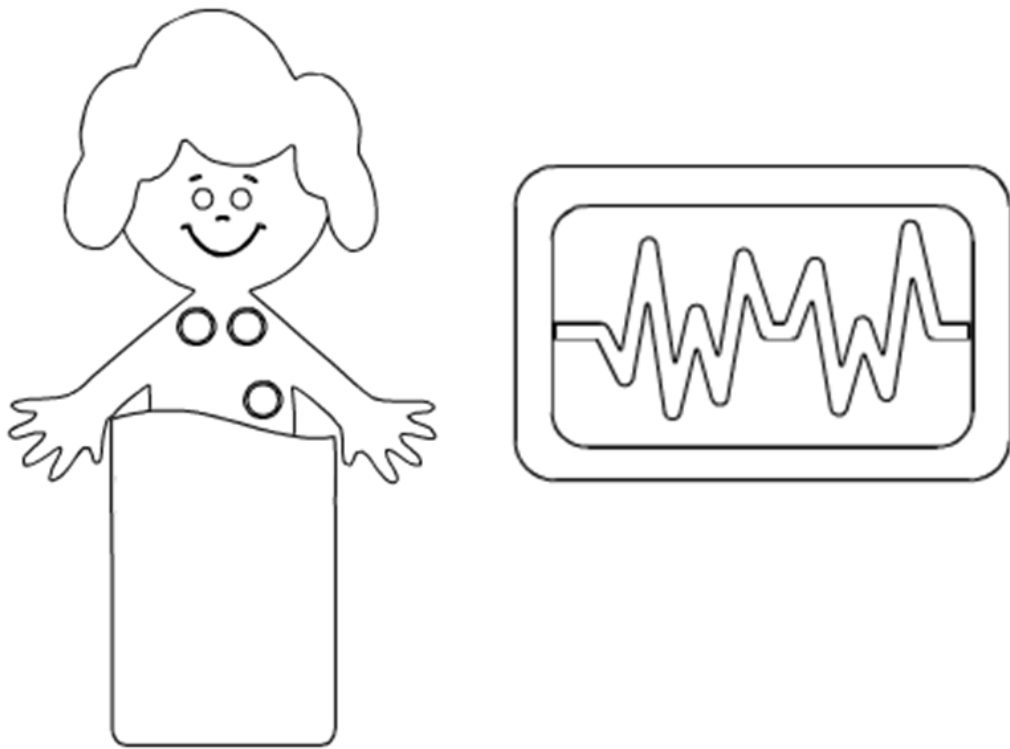
We'll use a thermometer to make sure my temperature's just right,
And an oximeter on my finger that will shine a bright red light.

Thermometer



Oximeter



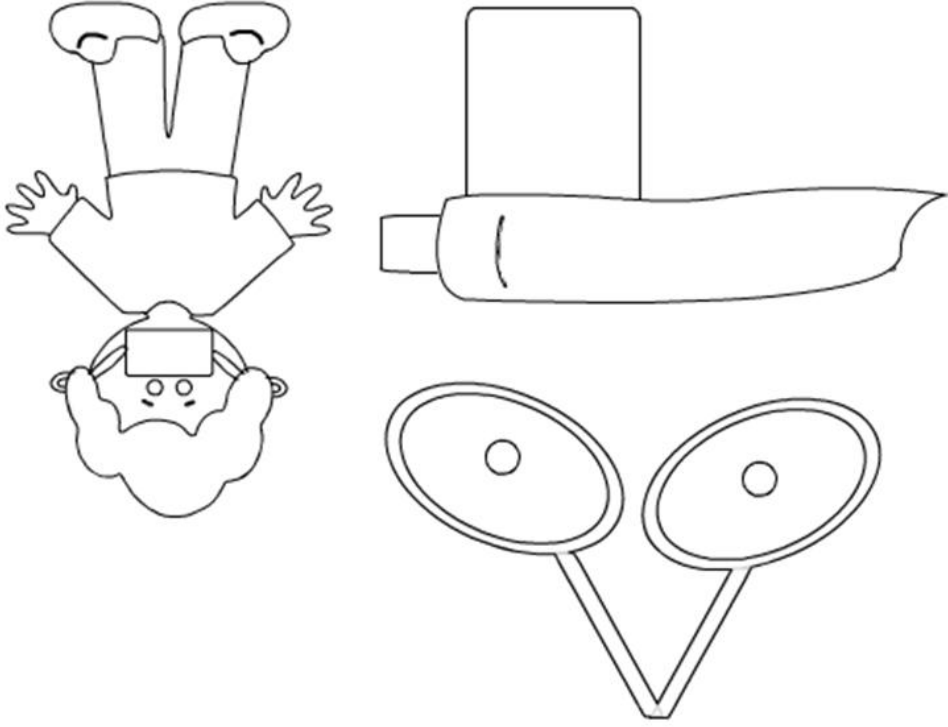


My nurse gives me three heart monitors to stick onto my chest,
An oximeter for my finger and a place for my head to rest.

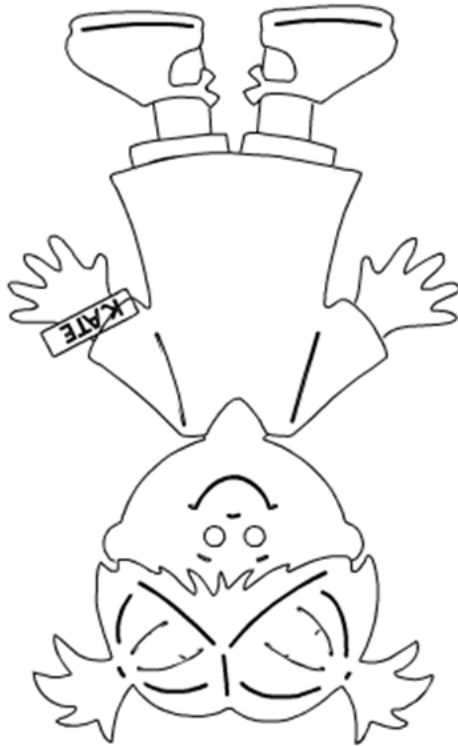


It's time to take my blood pressure and it feels a little snug,
It reminds me of when my Mom and Dad give me a great big hug!

Inside the operating room there are lots of things to see,
Big lights on the ceiling and a skinny bed just for me!

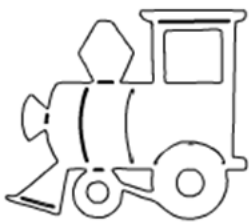


There's only one more thing to do before I can go and play,
I change into my hospital pajamas to wear for the rest of the day.



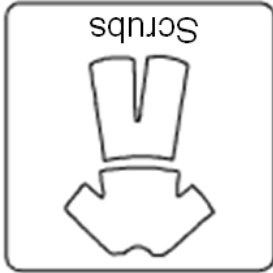


When I go to the operating room, I'll take my teddy along,
If I get scared, I'll squeeze him tight and sing my favourite song.

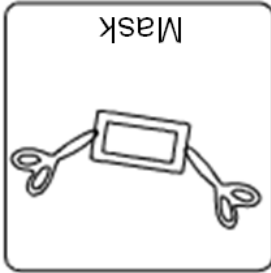


So many toys in the playroom, I don't know where to start,
I can drive a train, be a pirate and then create some art!

I see people dressed in green from their head down to their toes,
With a blue hat on their head and a mask over their nose!



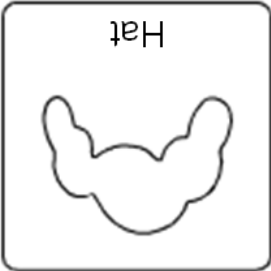
Scrubs



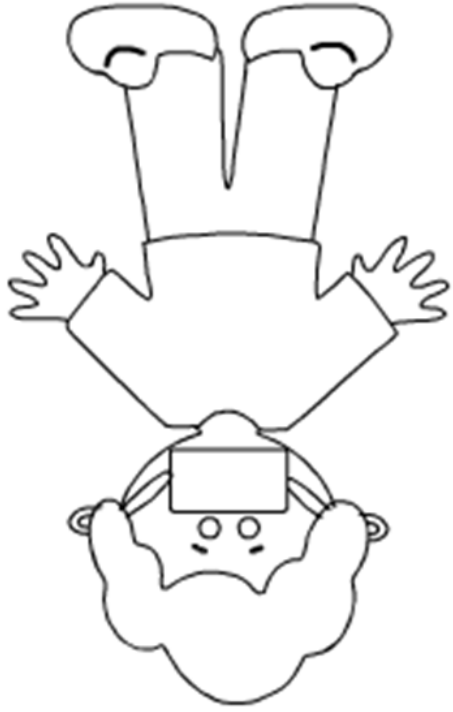
Mask



Shoes



Hat



It's time to see my doctor, so I climb up on my bed,
I think I'd like to sit straight up, so I can see what's ahead.

