

**ALL ABOUT**



# **HAVING SURGERY**

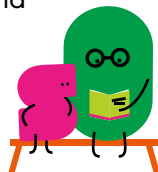
## How to use this prep book with your child

This book has been designed to help your child understand what to expect from their hospital visit. Using a character's experience allows for a gentle introduction to the idea of visiting a hospital.

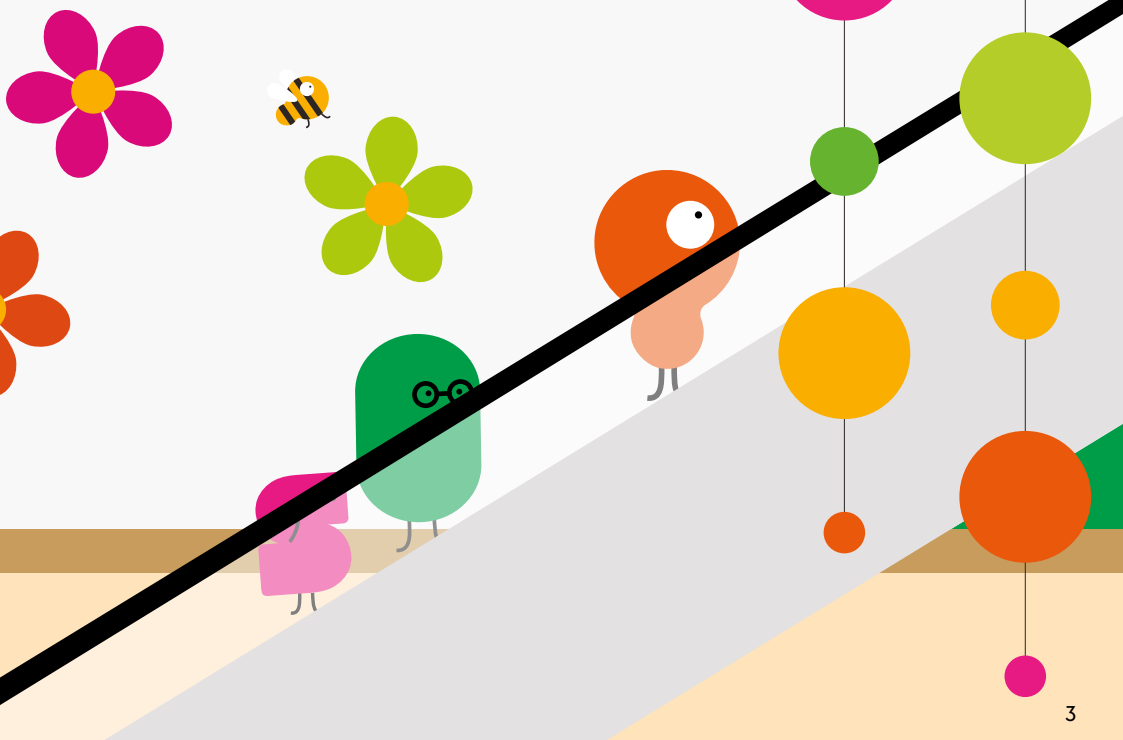
To get the most out of the book and support your child's understanding:

- **Follow the language and terminology** used in the book to help keep things consistent and reassuring.
- **Pause regularly** while reading to ask your child if they understand what's happening or if they have any questions.
- Encourage your child to **guess what might happen next** or what they think the characters will do. For example, what toys might the character play with whilst at the hospital?
- **Give your child the space and time to answer any questions** asked in the book, and explore any thoughts they want to share.
- Use the book as an opportunity to **open up a safe space for questions**, helping your child to begin to process the information. Remember it's ok if you don't know the answers to their questions – you can figure this out together with support from your hospital.

Following this, we would recommend **contacting your local hospital** to see if they have a Play Team. Play Specialists can offer extra guidance and help prepare your child in a way that's tailored to their needs and the environment of that setting.



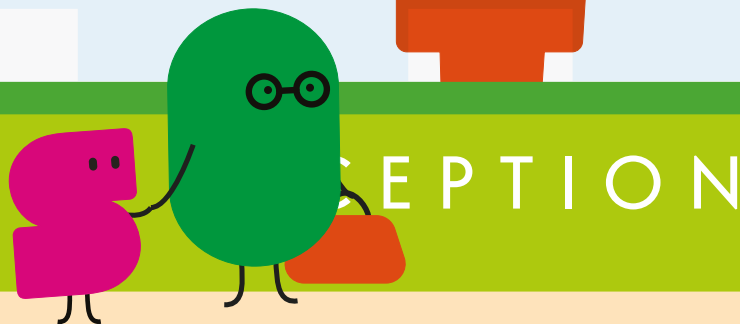
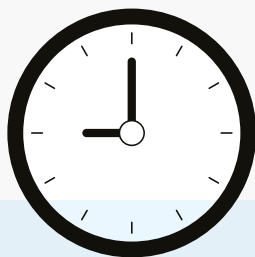
Esbug has arrived at the hospital with their grown up. They make their way to the day surgery ward. There will be lots of people to meet on their journey today!



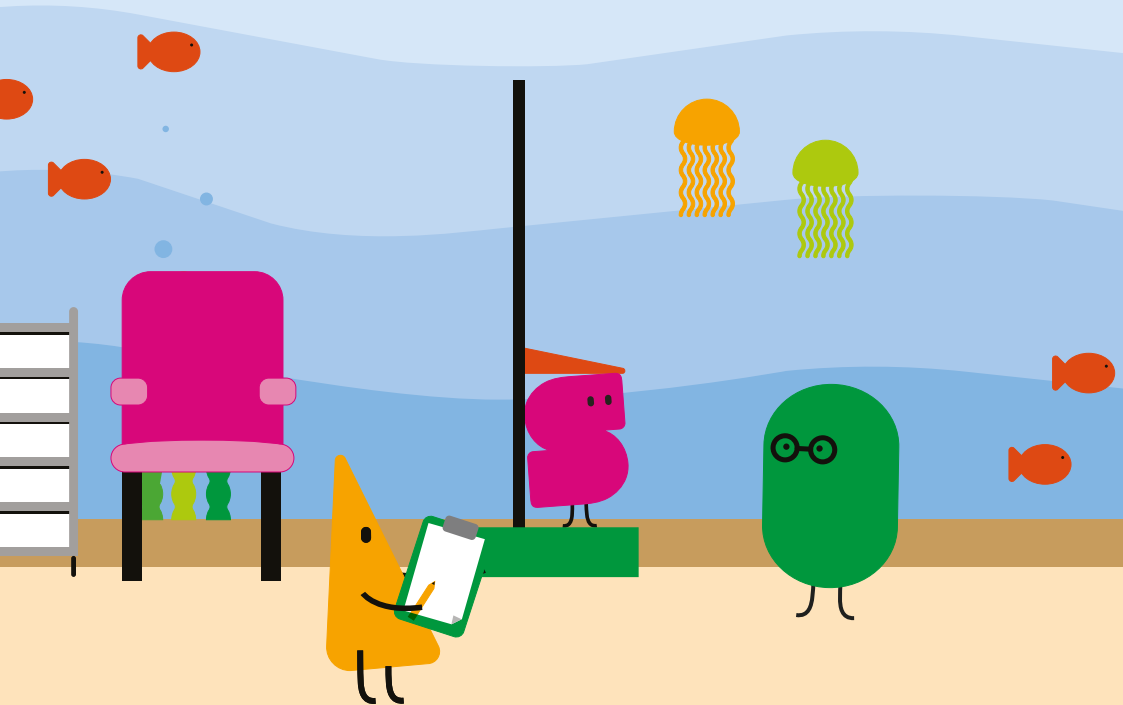
Esbug was not allowed to eat before their visit.



When they arrive at the ward, Esbug  
sees a receptionist to check in.



Esbug then waits to see the nurse, who checks their height, weight, temperature and blood pressure.





The nurse puts numbing cream on Esmug's hands and arms, covered with a see-through plaster to keep it on. The cream helps their skin to feel less. It takes 30 - 40 minutes to work.

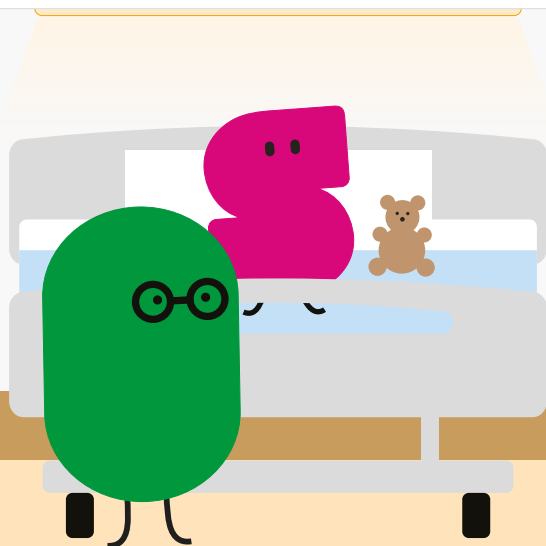
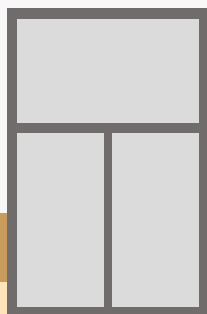
Sometimes the nurse uses a cold spray, which works quickly, so no waiting, and is used just before the cannula (a small, bendy tube) is inserted.





Esbug meets the doctor who will be looking after them when they have their sleep.

**Name:** Esbug  
**Nurse:** Elbug  
**Special information:**  
*Allergic to eggs*

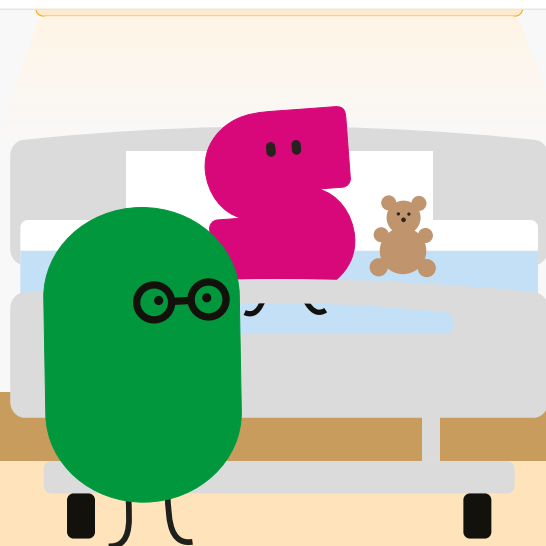
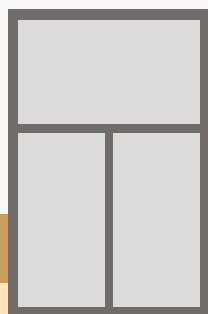


Esbug meets the anaesthetist, who will be working with the doctor to look after them.

**Name:** Esbug

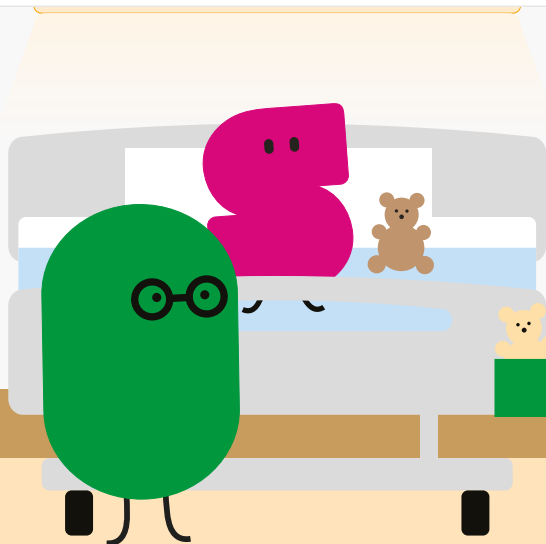
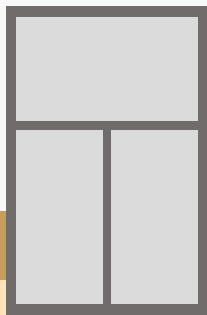
**Nurse:** Elbug

**Special information:**  
*Allergic to eggs*



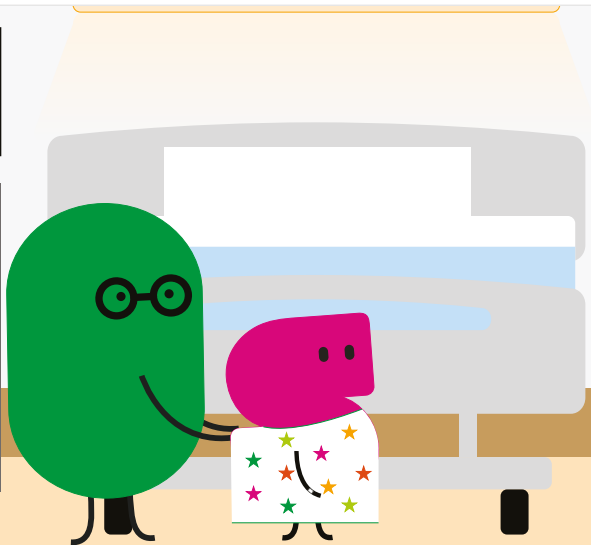
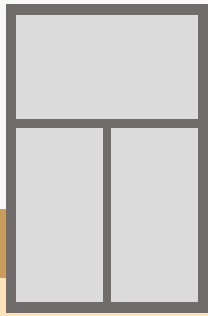
Esbug meets a play specialist who helps them to feel safe and have all the information they need.

**Name:** Esbug  
**Nurse:** Elbug  
**Special information:**  
*Allergic to eggs*

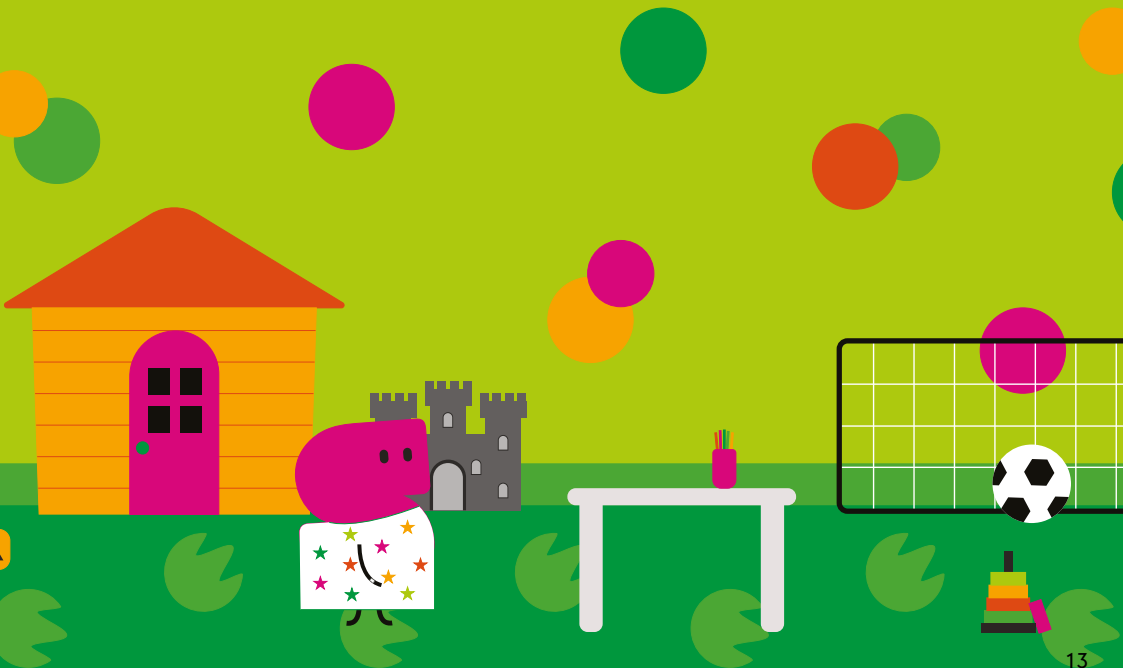


Esbug changes into a hospital gown. This is like special hospital pyjamas. Esbug feels very comfortable!

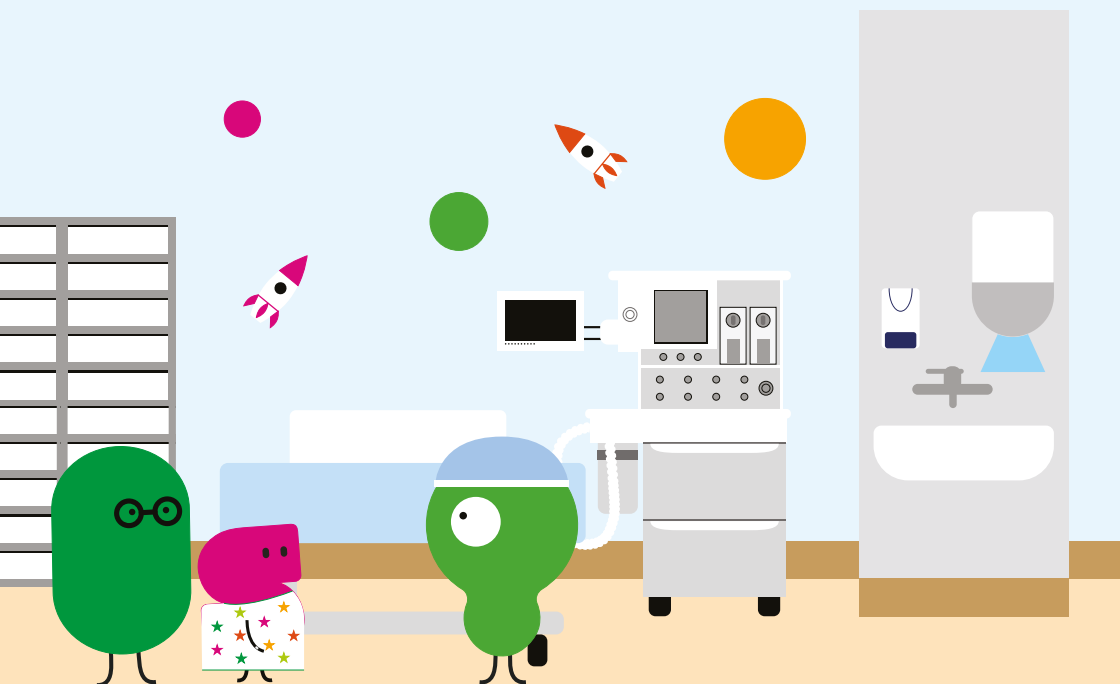
**Name:** Esbug  
**Nurse:** Elbug  
**Special information:**  
*Allergic to eggs*



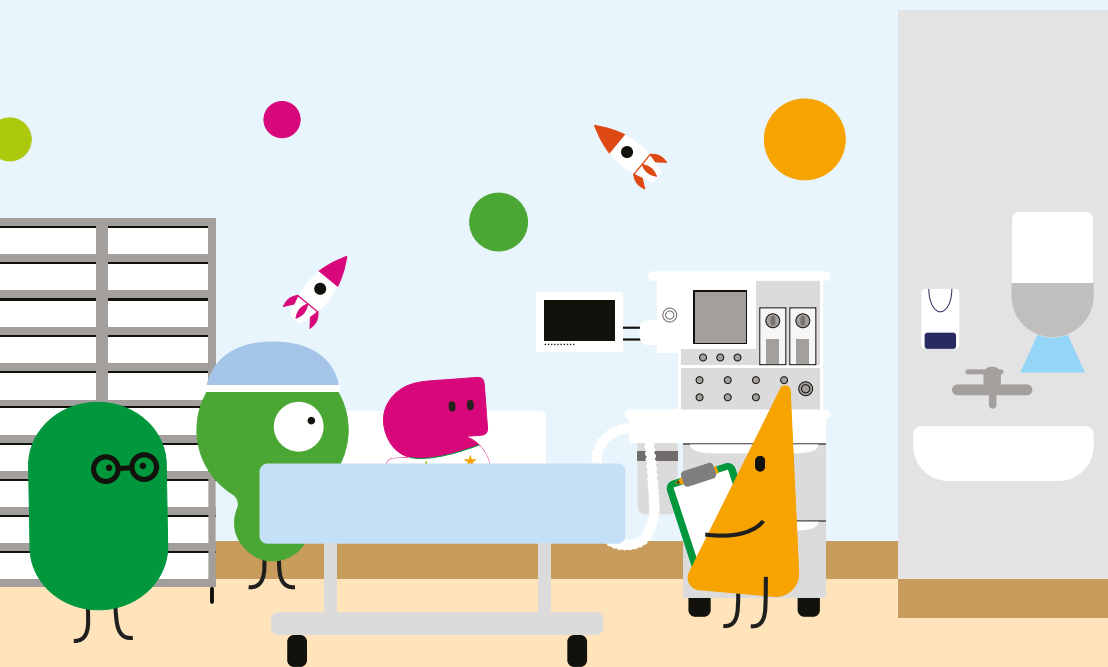
Now it's time for the best place in the whole hospital – the play space! Esmug has to wait for a little while now, but can play, or read a book, or watch TV. Esmug chooses something to play with while they're getting ready for their sleep.



When the doctor is ready, they call Esgub to the anaesthetic room, where they see the anaesthetist again. Their grown up goes with them.



Esbug lies down on the bed and tells the anaesthetist their name and Birthday.  
Their grown up helps them.



How many people are in the room with Esgub?



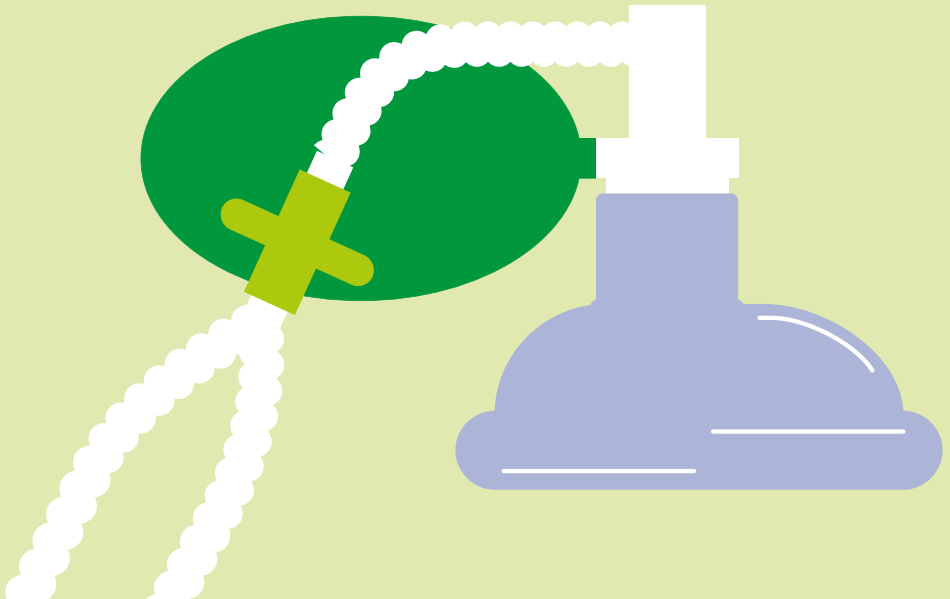


Esbug is allowed to play with a toy or look at a book while the anaesthetist looks at their arm and hand where the numbing cream was applied.

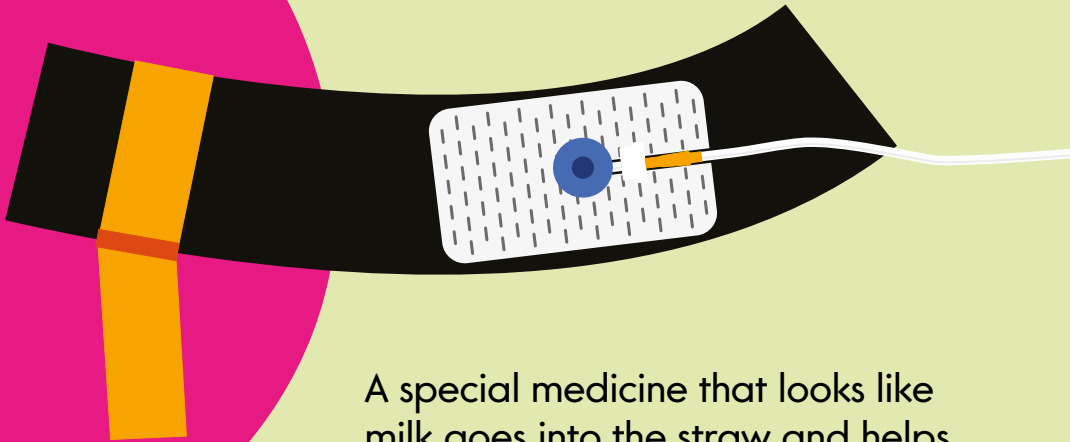


There are two ways to help Esgug go to sleep.

1. With a special mask. This soft mask goes over Esgug's nose and mouth. It has a balloon on it. Esgug takes deep breaths to blow the balloon up. The sleepy medicine is inside the mask. It smells nice. What do you think it smells like?



2. With a bendy straw called a cannula. This goes on Esgug's skin, where they had the numbing cream. Esgug has a stretchy band called a tourniquet on their arm, which gently squeezes their arm to help the anaesthetist to see the vein clearly.

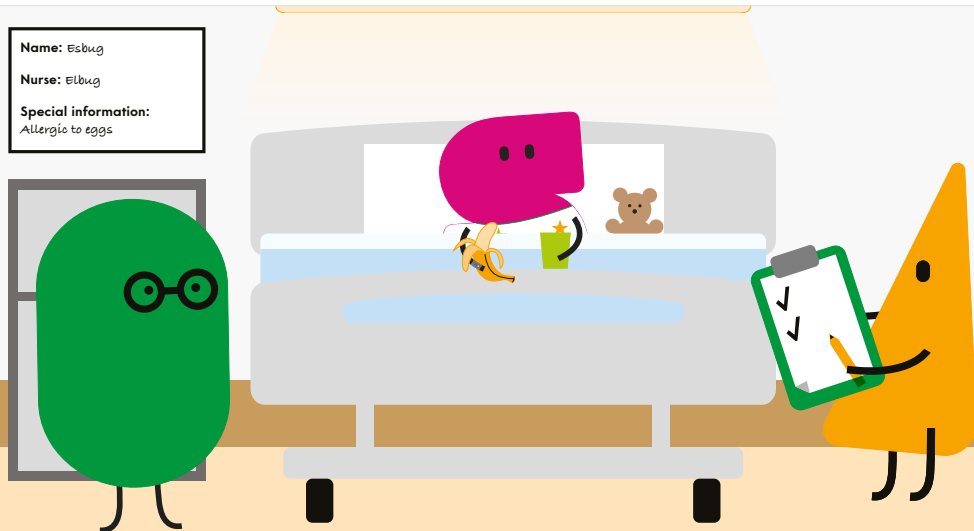


A special medicine that looks like milk goes into the straw and helps Esgug to fall asleep.

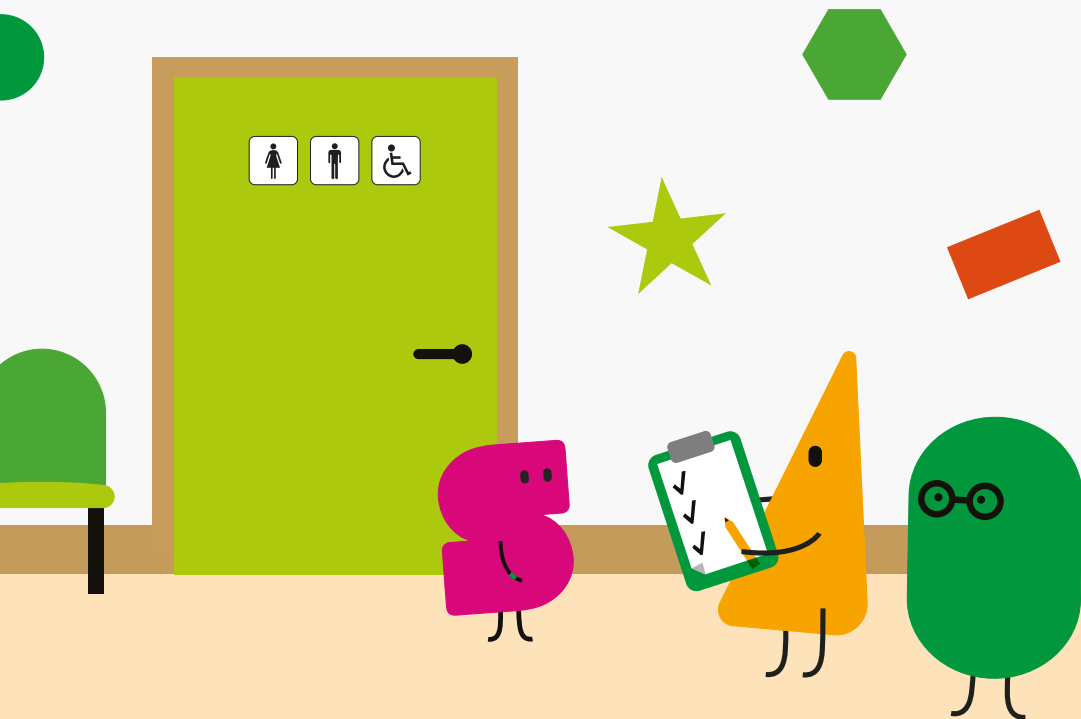
After Esubug has their medicine, it's fun to try to count to 10. What number do you think Esubug counts to before they fall asleep?



When Esbug wakes up, they see the friendly nurse and their grown up. They go back to the ward where they can have some food and drink – yay! Esbug plays some more on the ward.



After Esgug has been to the toilet and had some food and drink, the nurse removes the bendy straw and Esgug is allowed to go home. Well done Esgug!

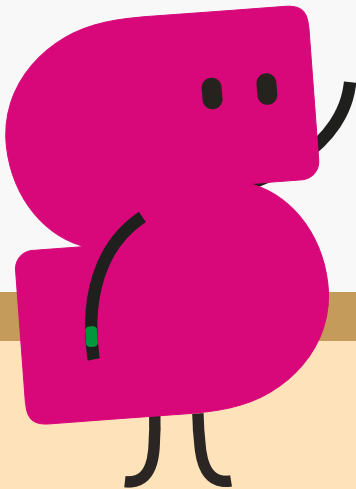


Let's help Esbug remember what they saw.

Can you name:

- Something they saw
- Two staff they met

What number was Esbug trying to count to before they fell asleep?





TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

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