



Pediatric Orthopedic Surgery Guide

To Our Family Caregivers,

Welcome to Ochsner! Thank you for choosing us for your surgical healthcare needs. Before, during, and after surgery, your child will be cared for by some of the most skilled and experienced medical professionals.

This guide is designed to assist you and your family in understanding the care your child will receive and what you can do to aid in their recovery. This information is general and applies to most patients. However, since each person has special needs, you may receive slightly different instructions to follow.

Please review this guide before your child’s surgery. Your family and friends will also play a role in their recovery. Be sure to share this information with them as well.

If you have any questions, call 504-842-3970 and speak with your Orthopedic Surgeon or Nurse Practitioner. Also, below are some other frequently called numbers to keep handy.



Important Phone Numbers

Orthopedic Surgery	504-842-3970
Ochsner Medical Center	504-842-3000
Admit/Authorization.....	504-842-3297
Pre-Operative Center.....	504-842-4526
Day of Surgery Center.....	504-842-3033
Post-Operative Center.....	504-487-3890

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Pediatric Orthopedic Surgery at Ochsner

Our Doctors



Ryan Farmer, MD



Lawrence Haber, MD



Brielle Plost, MD

Advanced Practice Providers

- Raven Lewis, PA
- Colleen Story, NP
- Kathryn Wheeler, NP

Our Locations

Pediatric orthopedic surgeries are done at one of these locations:

- Ochsner Medical Center – Jefferson Highway – 1514 Jefferson Hwy,
- Ochsner Hospital for Orthopedics & Sports Medicine – 1221 S. Clearview Pkwy.

If your child's surgery is scheduled at Ochsner Medical Center – Jefferson Highway, it will be in either the Merrill Hines Surgery Center or the Day of Surgery Center. Both are indicated on the map on p. 2. Free parking is available in the parking areas shown on the map. Elevator locations are also indicated to help you reach the Day of Surgery Center. For additional assistance, call 504-842-3000.

If your child is over 12 years old, his or her surgery will likely be scheduled at Ochsner Hospital for Orthopedics and Sports Medicine in Elmwood. See the map on p. 4 for more information. Free parking is available in the parking areas shown on the map.

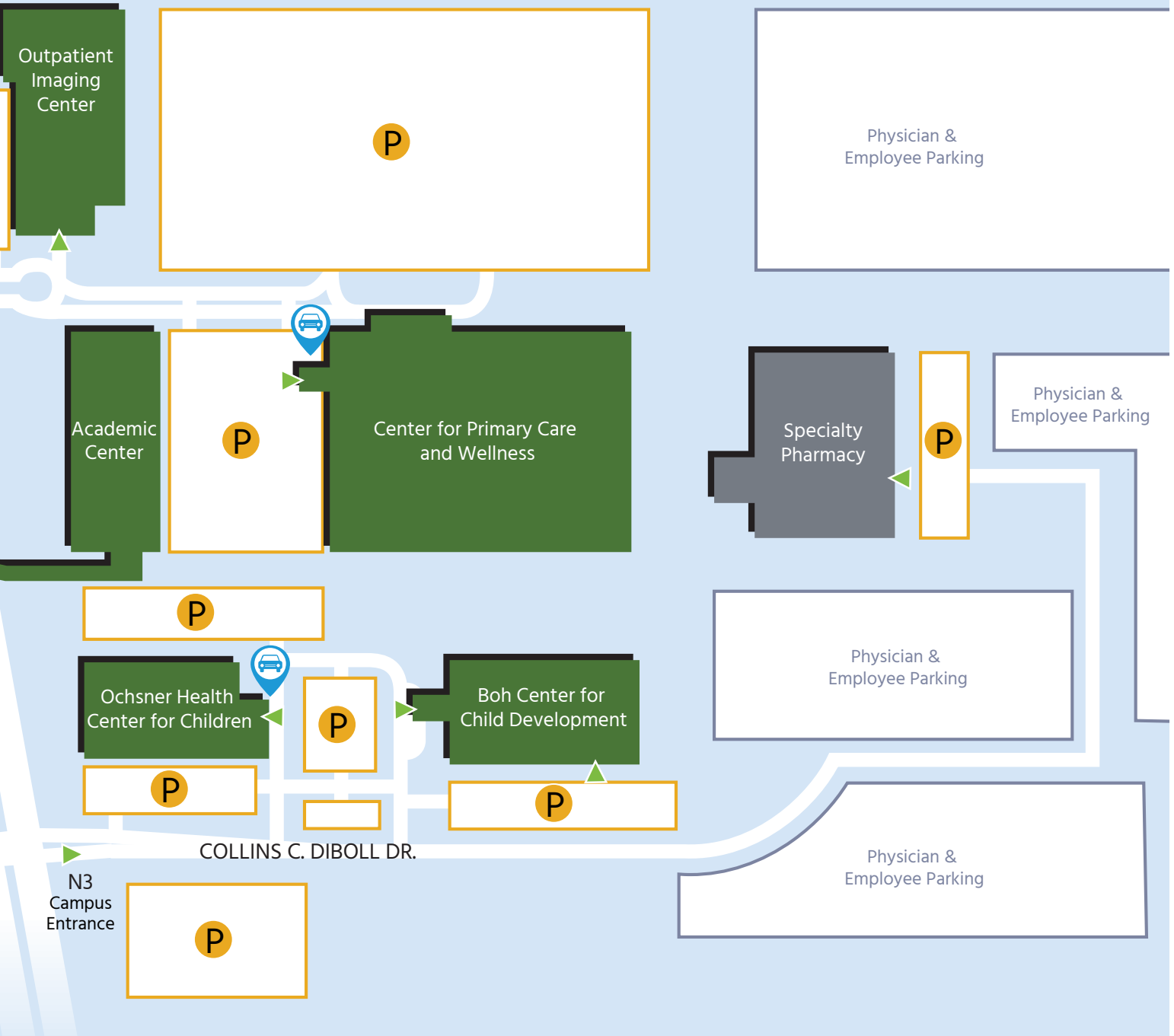
Ochsner Medical Center

1514 Jefferson Highway, Jefferson, LA 70121



BETZ AVE.

NORTH CAMPUS



Ochsner Hospital for Orthopedics & Sports Medicine

1221 South Clearview Parkway, Jefferson, LA 70121



Confirming Your Arrival Time

If you have not been contacted by your surgeon's office with the arrival time for your child's surgery, call 504-842-3970 between 8:00 a.m. and 4:00 p.m.

It is important that we have your correct phone numbers. Be sure to confirm this information with your surgeon's office.

Patient Name: _____

Date of Surgery: _____

Location of Surgery: _____

Arrival Time: _____

Financial and Insurance Information

At Ochsner, we realize the financial aspects of hospital services are often complicated and difficult to understand. Try not to worry. Ochsner personnel will contact your insurance company for detailed information about any coverage related to your child's surgery.

We want to make sure we meet your insurance company's billing requirements and, when needed, get their authorization for our services. Your insurance company will tell us what your out-of-pocket payment will be. The amount you owe may include co-payments, deductibles, coinsurance, non-covered services or other insurance limitations. Call the phone number on your insurance card if you have additional questions about your coverage.



Ochsner financial counselors are available to assist you, whether you have insurance or not.

If your child's surgery is at Ochsner Medical Center – Jefferson Highway, you can pay your out-of-pocket fee prior to surgery. Cashiers are located on the first floor of the Clinic Tower.

You may want to contact your insurance company to

- Better understand your insurance policy(s) for the expected hospital services
- Make sure the Ochsner facilities and physicians caring for your child are approved by your insurance company
- Identify any out-of-pocket payments you will have to make
- Know and be able to pay your "out-of-pocket" payment before services are provided

Ochsner Admit/Authorization staff will contact your insurance company to

- Obtain insurance coverage and benefit information
- Ask for authorization requirements and take the steps necessary to obtain authorization
- Take steps necessary to get authorization for healthcare services
- Determine your out-of-pocket payment

You may receive a telephone call from an Ochsner representative prior to your child's admission. This call is to let you know the amount of your out-of-pocket payment. If you have any questions, call the Admit/Authorization Department at 504-842-3297.

Preparing Your Child for Surgery

Child Life Specialists

Certified Child Life Specialists are educated and clinically trained to understand and identify how illness and injury can impact a child's development. Their role helps improve patient and family care, satisfaction and overall experience.

On the day of your child's surgery, he or she will have the opportunity to meet with a Child Life Specialist in their pre-op room. During this time, the Child Life Specialist will talk to your child about why they are having surgery, what type of medicine they will use to go to sleep, and show them pictures of the Operating Room.

By explaining these things in a way that is appropriate for your child before their surgery, Child Life Specialists can help your child cope with any stress they may feel about being in the hospital.



Helpful tips to get your child ready for their day of surgery

- Talk to your child about why they are having surgery. Use developmentally appropriate language to help them understand and process their upcoming procedure.
- Remind your child that they will get a special medicine ("sleepy medicine") that will help them go to sleep so that they do not feel anything during their procedure/operation.
- Talk with your child about how they will feel when they wake up from surgery. The "sleepy medicine" may make them feel strange or confused for a little while after surgery.
- Let your child know that you will not be in the operating room with them, but you will be waiting for them in the waiting area close by. Let them know that you will be back in the same room with them when they wake up from surgery in the recovery area.

When to contact us

Our main telephone number is 504-842-2032. Please feel free to contact us if you have any questions about the services that the Child Life Department has to offer.

Please also contact us if:

- You have questions about the appropriate language to use when preparing your child for surgery
- If you would like to schedule a pre-op tour to familiarize your child with the hospital environment

Your Instructions

We have developed these instructions to help you and your family prepare for your child's surgery. **If your child develops a cold, persistent cough, sore throat, fever or any other illness within two days of the surgery date or after your preoperative visit, call your surgeon's office.**

Medications

Bring a list of all prescription and over-the-counter medications your child takes, including dosage and strength, to your Pre-Operative (pre-op) visit. Check with your surgeon or anesthesiologist about which medications your child should or should not take on the day of surgery.

If your surgeon or anesthesiologist advises that your child take medication, he or she should swallow only the smallest amount of water with it. Be sure to inform the anesthesiologist or nurse on the day of surgery. If your child is allergic to any medications, please inform your doctor or the nurse responsible for your care. Be sure to notify your doctor if your child is diabetic and provide information about the medications they take.

Herbal Products

Herbal products are available as tablets, liquids, granules, or powders, and are commonly contained in herbal teas. These are not regulated by the FDA. There are few instructions on proper use, dosage requirements, possible side effects, toxicity, and possible drug interactions. This makes it difficult to predict a patient's reaction to the herbal product.

Tell your doctor about any vitamins, supplements, or herbal products that your child takes. If he or she takes these products prior to surgery, there is significant risk of real problems during and after surgery. You may need to stop giving your child these products 7-10 days before surgery. Ask your doctor for instructions.

Patients who Smoke

If you think or know your child smokes, we strongly encourage you to ensure he or she stops. This will reduce the risk of respiratory and anesthesia complications after any operation. We can help. Talk to your pediatrician or your primary care physician about smoking cessation programs suitable for those under age 18.

Alcohol Use

Alcohol in any quantity can be dangerous for children. It is especially dangerous before and after surgery. Alcohol use can impair healing. Please be sure your child has no access to alcoholic beverages or foods containing alcohol.

If you know or suspect your child is using alcohol, talk to your pediatrician or a member of your healthcare team. We can help. Any information you share is held in strict confidence. We want to help you and your child prepare and recover from your surgery as quickly and safely as possible.

Patients with Diabetes

On the morning of surgery, follow the instructions given by your doctor. If your arrival time is after 9:00 a.m., or your child is not feeling well, immediately notify the check-in staff if your child is an insulin dependent diabetic.

Patients with Asthma

Bring your child's inhalers with you to the hospital. If needed, your child may use their inhaler as directed by your physician.

Other ways to help your child prepare for surgery

- **Clothing.** A button front shirt and loose-fitting clothes are the most comfortable before and after surgery. We also recommend low-heeled shoes.
- **Hair.** Avoid buns, ponytails or hairpieces at the back of the head. Remove or avoid any clips, pins or bands that bind hair. Do not use hairspray. Before going to surgery, your child will need to remove any wigs or hairpieces. We will cover your child's hair during surgery. Your child's privacy regarding personal appearance will be respected.
- **Fingernails.** Please be sure to remove all nail polish before you and your child arrive for surgery. We understand that tips, wraps, gels, etc., are expensive; however, we ask these products be removed. Your child's fingertips are used to accurately monitor their oxygen level during surgery by a device called an oximeter.
- **Glasses and Contact Lenses.** Your child should wear glasses when possible. If contact lenses must be worn, bring a lens case and solution. If glasses are worn, bring a case for them.
- **Hearing Aids.** If your child relies on a hearing aid, he or she should wear it to the hospital on the day of surgery. This will ensure they can hear and understand everything we need to communicate with them.
- **Valuables.** Jewelry, including body piercings, money, and credit cards should be left at home. Ochsner is not responsible for valuables that are not secured in our surgery center.
- **Makeup, Perfume, Creams, Lotions, and Deodorants.** Your child should not use any of these products on the day of surgery.

Comfort Item Checklist

Below are some items that your child can bring with them to the hospital. Having their own comfort items can help reduce anxiety in a new and strange place.

- ☐ Favorite stuffed animal or toy
- ☐ Favorite blanket or snuggle item
- ☐ Favorite pajamas to wear before getting their surgery gown
- ☐ Favorite sippy cup (this helps to encourage drinking **AFTER** the surgery)
- ☐ Tablet or iPad for use before surgery



Surgery Prep Checklists

Before Surgery

- ☐ Stop giving your child herbal medications 14 days prior to surgery.
- ☐ Stop giving your child aspirin and products containing aspirin as instructed by their doctor.
- ☐ Stop giving your child blood thinners as instructed by their doctor.
- ☐ Children under 18 should stop smoking.

Night Before Surgery

- ☐ Your child should eat a light supper on the night before surgery.
- ☐ **DO NOT** allow your child to eat or drink anything after midnight, including gum, hard candy, mints, or chewing tobacco.
- ☐ **DO NOT** give or allow your child to take any laxatives or stool softeners.
- ☐ Make sure your child has a complete shower or bath (shower is recommended) and wash their whole body from the neck down with Hibiclens (chlorhexidine gluconate) soap. Hibiclens soap may be purchased over the counter at your pharmacy. Keep the soap away from eyes, ears and mouth. After washing with Hibiclens, rinse thoroughly.
- ☐ Shampoo your child's hair with their regular shampoo.
- ☐ If at all possible, your child should sleep in clean clothes on clean sheets.



Morning of Surgery

- ☐ Make sure your child takes another bath or shower with Hibiclens to reduce the chance of infection.
- ☐ Give your child any medications that they were instructed to take by the Pre-Op team.
- ☐ Give your child heart and blood pressure medications as advised by the perioperative team with a small sip of water.
- ☐ Your child may brush their teeth and rinse their mouth, but should not swallow any water.
- ☐ Do not apply perfume, powder, body lotions or deodorant.
- ☐ No false eyelashes. Remove all nail polish.
- ☐ Dress your child in comfortable clothes, such as a button front shirt and loose-fitting pants.
- ☐ Leave all jewelry, including body piercings and valuables at home.
- ☐ Hairpins and clasps must be removed before your child enters the operating room.
- ☐ If your child has sleep apnea, bring their CPAP machine.
- ☐ If your child has an implanted device, such as a pump or shunt, bring the device information card, if you have one.

Food and Drink Guidelines (or follow the guidelines given by your surgeon)

- ☐ Stop ALL solid food, gum, candy (including vitamins) 8 hours before arrival time.
- ☐ Stop any liquids that are not clear 6 hours prior to arrival time.
- ☐ Stop plain breast milk 4 hours prior to arrival time.
- ☐ ENCOURAGE your child to drink carbohydrate-rich clear liquids (sports drinks, clear juices) until 2 hours prior to arrival time. For example, if arrival time is 7:00 a.m., stop liquids at 5:00 a.m.
 - CLEAR liquids include only water, clear oral hydration drinks or sports drinks (clear Pedialyte®, Gatorade®, Powerade®), or clear fruit juices (no orange juice, no pulpy juices, no apple cider).
 - IF IN DOUBT, drink water instead.
- ☐ NOTHING TO DRINK 2 hours before to arrival time. If you are told your child should take medication on the morning of surgery, it may be taken with a sip of water.

Things to Bring to the Hospital

- ☐ Insurance card
- ☐ Copy of Advance Directives
- ☐ List of medications and allergies, if not already provided
- ☐ Forms or x-rays your child's physician has given you
- ☐ Name and phone number of person to contact should your child's condition change significantly
- ☐ Case for eye glasses, contact lenses, hearing aids
- ☐ Crutches, cane, CPAP machine, and other equipment your child may need after surgery
- ☐ Pacemaker or AICD information card



In the event your child's physical condition changes, including the onset of a cold or respiratory illness, or if you have to delay or cancel your surgery, notify your surgeon.

If it is after hours the day before OR the day of your surgery, notify the center where your surgery is scheduled.

What to Expect Before, During and After Surgery

Before surgery

Anesthesia is a medicine that helps the body go to sleep during surgery. While asleep with this medicine your child will not feel, hear, or see anything. No lights, sounds, or touches can wake a body up with this medicine. Your child will get this medicine in the surgery room through an IV (a tiny medicine straw which goes into your veins) or by breathing anesthesia gas through a plastic mask that goes over your nose and mouth. When the surgery is all done, the anesthesiologist stops giving your child the sleep medicine and they will start to wake up.

- If your child will need an IV, a Child Life Specialist can be present to help prepare your child, provide pain management and offer distraction to support their coping. If one is not present at the time of IV placement, please ask your nurse to call them.
- If using the mask, your child will be asked to take deep, slow breaths through the plastic mask.

During surgery

During your child's surgery you may wait in the surgery waiting room. See the next page for waiting area information.

After Surgery

After the surgery is complete, your child's surgeon will meet you in the surgery waiting room to discuss the procedure. Once your child begins to wake up, two family members are allowed to stay with the child in the post-operative area.

When your child is ready to leave the hospital, a nurse will give you detailed, written instructions. These instructions will include

- symptoms to watch for
- what to report to the doctor
- activities that are allowed
- how to take care of the incision
- what your child may eat and drink
- information on managing your child's pain

You will also receive a number to call in an emergency and a scheduled a follow up visit with your child's doctor.

Family and Visitor Information

The following are available to all patients. Please ask your nurse if you want more information, need assistance or wish to arrange for certain services.

Family Waiting Areas

- Two family members or visitors may wait in the family waiting rooms while your child is in surgery. Additional relatives and friends may call the Day of Surgery center at 504-842-3549 to check on your child's progress.
- To protect patients requiring certain medical monitoring, we do not allow mobile phone use on patient floors. These devices are only permitted in family waiting areas.
- In consideration of patients waiting for surgery and their families in the room, eating is not allowed in the waiting areas. Soft drinks, water and coffee are permitted.
- To protect all patients, people who are sick should not visit. Adults and children with fever, cough, rash, sore throat, nausea, diarrhea or recent exposure to illness should not visit.
- All children must always be accompanied by an adult.
- At any time, visitation may be limited to ensure continuity and quality of care. Ask your nurse for more detailed information and visiting guidelines.

Dining Venues and Vending Machines

Southport Café is located on the Jefferson Highway hospital first floor and serves breakfast, lunch and dinner. This cafeteria offers many choices, including a grill, salad bar and hot food. Bistro '42 and PJ's Coffee are located on the first floor of the Atrium Tower at the Jefferson Highway location. These options serve a variety of food and beverages. Vending machines can be found near the parking garage elevators.

Gift Shop

Our store has a unique selection of cards, magazines, baby items, jewelry and decorative home accessories. Located on the first floor of the Atrium Tower at the Jefferson Highway location, the Gift Shop also offers a flower preparation and delivery service to Ochsner patients. For details, call 504-842-4438.



Pharmacy

Your child may leave the hospital with prescription medication. These prescriptions may be filled at Ochsner Pharmacy & Wellness or at the pharmacy of your choice. Your child's medications can be delivered to their bedside before you leave the hospital. Talk to your nurse to arrange for bedside delivery.

At the Jefferson Highway location, Ochsner Pharmacy & Wellness is located on the first floor of the Atrium Tower. It is open from 7:00 a.m. to 7:00 p.m. Monday through Friday and 10:00 a.m. to 4:00 p.m. on Saturday. To speak with a pharmacy team member, call 504-842-3205.

Symptoms to Report

After you and your child return home, you may need to take special care of your child so he or she heals properly. **If your child experiences any of the symptoms below, contact your doctor right away.**

Bleeding

It is important to report any signs of bleeding. Call your doctor if your child has any of these symptoms

- bleeding gums when brushing teeth or with minor trauma
- blood in urine or blood or what looks like coffee grounds in stool
- vomit with bright red blood
- a bloody nose that is difficult to stop

To help prevent bleeding complications

Keep walkways clear and uncluttered to avoid falls or trauma to lower half of the body. If your child is old enough to shave, he or she should use an electric razor to eliminate the risk of razor nicks and bleeding. File, rather than clip, toenails to avoid nicking the skin and causing bleeding.

Infection

Although rare, infection can occur in the wound. Minor infections in the incision are generally treated with antibiotics. Major deep infections may require more surgery or removal of the hardware. Signs of infection include

- pain – especially an increase in pain or a different kind of pain
- fever above 100° for a 72-hour period
- redness and an increase in swelling around the wound
- drainage from the wound that is milky, brown, or green and has a foul odor

You may see some drainage from the site of the surgery for the first few days. This is normal. That drainage is usually blood tinged, clear or yellow. Be sure you and/or your child keep the incision clean and dry. Once any stitches have been removed, be sure the incision site stays dry for 24 to 48 hours.

Make sure your child eats a well-balanced diet and drinks lots of water and fluids. Your child may take vitamins and iron as directed. If you see any of the signs of infection notify your doctor right away.

Blood Clots

Although rare in children your child may be at risk for developing a blood clot because of the trauma to the tissue and bones from the surgery and not being able to move around. Blood clots can break loose and travel to another part of the body. Most blood clots occur in the first few weeks following injury or surgery but can happen at any time.

Call your doctor's office if you notice any of the following in your child

- difficulty breathing
- swelling of arm, leg, hand or foot with or without redness
- skin on the surgery limb that is warm to the touch

Medications

Your physician may have prescribed medications for your child to take after they return home. It is important that you follow your child's doctor's instructions about taking these medications. The list below covers some of the most common prescriptions given after surgery.

Pain relief medications

Some pain or discomfort is normal after surgery. Our goal is to help you manage your child's pain safely. Controlling pain will help your child sleep better and recover faster.

Your child's doctor may prescribe a combination of pain relief methods. This may include a short course of prescription pain relievers for moderate to severe pain. Examples include, but are not limited to, Percocet® (oxycodone) and Norco® (hydrocodone). These prescription pain medications are also called opioids or narcotics.



How to use opioids safely

- **Take as directed.** Your physician and pharmacist will give you specific instructions for how your child should take this prescription. Follow these instructions.
- **Keep it to yourself.** Don't share - this medication is only for the person it was prescribed for. Sharing prescriptions is illegal and can put other people in danger.
- **Ask about your child's other prescriptions.** Some medications should not be taken at the same time as opioids because they can slow or stop your child's breathing. Talk to your physician or pharmacist if your child is taking benzodiazepines (such as Ativan®, Xanax®, Valium®), seizure medications, muscle relaxers, or psychiatric drugs.
- **Talk to your child's provider about other health conditions.** Tell us if your child is pregnant, has a history of sleep apnea, mental health conditions, or substance use disorder.
- **Stay sober.** It can be very dangerous to use alcohol and other substances while taking an opioid pain medicine. Be careful to ensure your child stays away from alcohol, sleeping pills, or illegal drugs until he or she has stopped this medication.
- **Be cautious.** Do not allow your child to drive until you know how this medication affects them.

How to store opioids safely

- **Keep it in the original container.** Don't transfer the prescription to another bottle or package. This way you will always know exactly what is in the container and who it is for.
- **Keep it where children can't see or reach it.** The safest place to store prescription pain medication is in a locked cabinet or on a high shelf.

Home Care Instructions

It is important to remember that your child has had surgery that will require time to properly heal. Be sure to follow the instructions you have been given on how to care for your child once you are home. Below is additional information for your complete recovery.

- Do not clean the incision with any cleansers, iodine, alcohol, hydrogen peroxide or water.
- Do not apply ointments or creams to the incision area.
- Do not change the bandage or get it wet.
- Take the bandage off as directed by your doctor. Your child may shower 24-48 hours after the bandage is removed.
- Use ice to relieve any discomfort; place a washcloth between the skin and the ice.
- Have your child elevate the surgical area above their heart when they are not exercising. Elevation is most important if you see or your child experiences swelling.
- Ensure your child takes pain medication as directed. Plan ahead and contact us at least 3 days before the medication is due to run out to request a refill.
- If your child has fever over 101.5° F within 72 hours after surgery, call your doctor.
- If you see or your child experiences increased drainage from the incision, call your doctor.
- If your child has shortness of breath or chest pain, go to the Emergency Department right away.



For questions, call 504-842-3970 between 8:00 a.m. and 5:00 p.m. Monday-Friday. After hours and on weekends, call Ochsner On Call at 1-800-231-5257.

Additional Information

We hope the information in this guide has prepared you for your child's upcoming surgery. We want to be certain that you understand all of the at-home instructions, have follow-up care scheduled, and that you don't have any concerns about your child's care.

If you have questions, call 504-842-3970 or contact your doctor's office and speak to anyone on your healthcare team.

Notes

Handwriting practice lines consisting of 20 horizontal dashed lines.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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