

Preparing for Surgery





This is a social story about having surgery. My doctors will do the surgery to learn about my body and help me get better!





I can remember to take deep breaths to help me feel calm while I am waiting for my surgery.

If I am feeling scared, I can

1. Think of something that makes me happy.
2. Ask someone to hold my hand.
3. Play with my toy I brought from home.





Then it will be time to meet the doctors and nurses who will take care of me during surgery. They may ask me and my family questions. We can ask them questions too!





I may also meet an anesthesiologist. An anesthesiologist is a doctor who helps me fall asleep during my surgery.





I might need to take medicine to help me relax
while I wait.

My doctor or nurse will know the best way for
me to take my medicine.

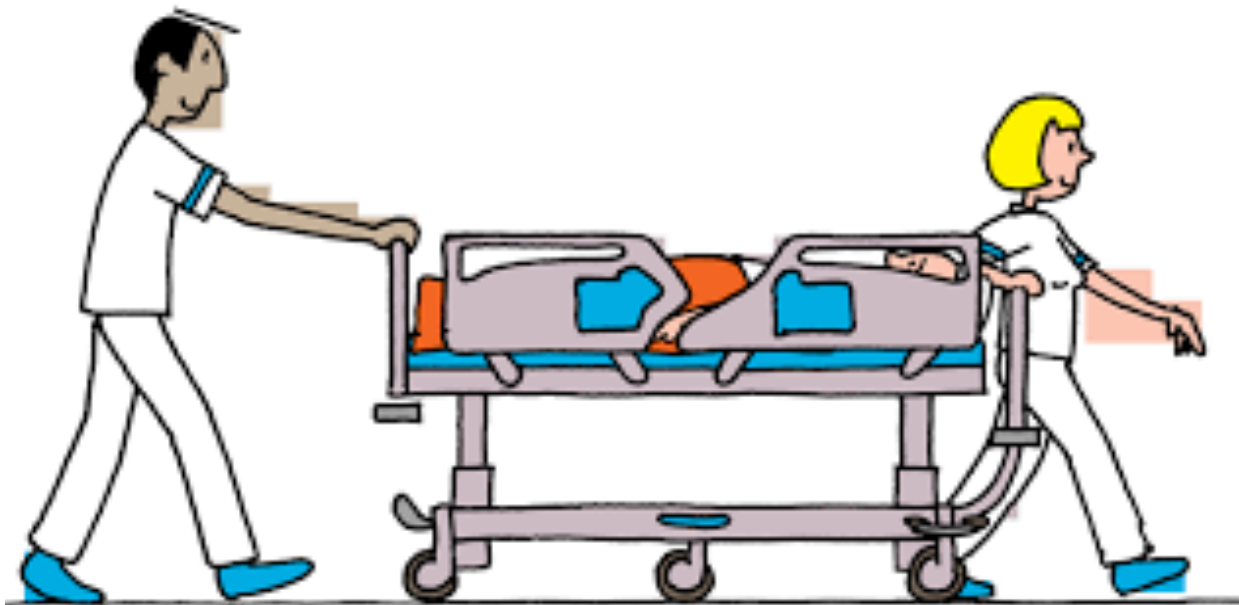




I might need to drink the medicine or wear a special mask over my nose and mouth. The mask feels soft and squishy, and might even smell like something yummy!

I might also need to get my medicine through an IV.





When I am feeling relaxed and sleepy, my doctors and nurses will push me on my bed to the room where I will have my operation. My doctors and nurses will take good care of me.





In the operating room, my doctors and nurses will be wearing masks, hats, and gloves to help keep me safe from germs.





When my surgery is finished, I will start to wake up. When I wake up, my body might feel a little weird, but that's OK!





I may have a dressing/
Band-Aid on my body after surgery. My doctors
or nurses will tell me how to take care of it.
I will be very careful with it so that my body
can heal!





The Autism Program
AT BOSTON MEDICAL CENTER



Everyone is proud of me for being brave and strong!



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