

How to Prepare for Cardiothoracic Surgery

Dear Parent,

Your child has been scheduled for cardiothoracic surgery at Children's Hospital Los Angeles. **The morning of surgery, go directly to the first-floor surgical admitting area.** A surgical admitting nurse will call you the night before surgery to give you your arrival time and eating and drinking instructions. It is very important that you arrive on time so that surgery will not be delayed. **If you are not contacted by 5 P.M. the night before surgery, or if you have questions, please call 323-361-2571.**

In order for your child to safely undergo surgery, their stomach must be empty. **Your child may not have anything to eat after midnight. Please follow the instructions given to you by the surgical admitting nurse about what your child can drink.**

Medications

- If your child is taking **aspirin**, or **Plavix (clopidogrel)**, please check with the surgeon's office regarding stopping or continuing the medication.
- If your child is on **Lanoxin (digoxin)**, do not give the medication the morning of surgery - unless otherwise instructed.
- If your child is taking **Coumadin (warfarin)**, **Lovenox (enoxaparin)**, or **Arixtra (fondaparinux)**, please ask the surgeon's office when you should stop giving the medication.
- If your child is taking any **inhaled medications**, please discuss this with the nurse practitioner at the time of your preoperative visit.
- If your child is taking **captopril**, **Epaned (enalapril)**, **lisinopril**, please do not give the night before or morning of surgery.
- If your child is taking an **anti-seizure** medication, **Synthroid (levothyroxine)**, **Inderal (propranolol)**, or **Revatio (sildenafil)**, please continue to give these to your child at their scheduled times, including the morning of surgery. Please give the medication with a sip of water (less than 1 ounce) on the morning of surgery. **Please bring these medications with you on the day of surgery.**
- If you have questions regarding your child's medications, please call 323-361-4148.

If your child becomes ill with a cold, fever or flu, please call 323-361-4148 during weekdays and speak with the nurse practitioner on call. On weekends and evenings, call 323-361-2571 and speak with the operating room admissions nurse. The nurse will contact the cardiothoracic surgeon on call, who will decide if surgery should be postponed.

Please bathe your child the night before surgery. Wash the chest and side areas really well for five minutes.

Sincerely,

Nurse Practitioner, Cardiothoracic Surgery

CARDIOTHORACIC SURGERY PREOPERATIVE INSTRUCTIONS

Places you may need to go on pre-op day:

- **COVID testing** is on Sunset Blvd. in the Rodney parking lot across from the hospital (weekdays, 6am-2pm).
- **Laboratory** is on the first floor across from surgery admitting.
- **Radiology (X-ray)** is on the first floor near the Giraffe Elevators.
- **ECHO/ECG (EKG) Lab** is on the second floor in the Heart Institute.
 - Take the main elevators to the second floor.
 - Turn left when you exit the elevators.
 - The Heart Institute is on the right.
- **Cardiothoracic Intensive Care Unit (CTICU)** is on 2 East.
 - Take the main elevators to the second floor.
 - The CTICU is on the right.
 - Push the gray button on the wall outside the CTICU door to be allowed into the unit.

Bathing instructions for children:

- The night before surgery, give your child a bath using plain soap and water. Make sure to wash their hair.
- Put your child in clean, fresh clothes or pajamas.
- Make sure your child rests or sleeps on clean sheets.

VISITING GUIDELINES

What to expect when visiting a child in the hospital: All visitors must stop at the front desk to be checked for illness or exposure to illness. Even if a visitor passes the check at the front desk, he or she will be asked to leave the hospital if a nurse or doctor believes that the person shows signs of an illness.

What are the rules?

- Parents are welcome to visit their child at all hours. Additional guests may visit between the hours of 9 A.M. and 9 P.M.
- Any visitor under 12 years of age must be a brother or sister of the child in the hospital.

PLEASE NOTE: Siblings of patients **in isolation** may **not** go in the playroom.
- Visitors may not go into other children's rooms because communicable diseases are easily spread from one person to another.
- Visitors must wash hands thoroughly before and after visiting patients. Visitors must wear masks if a doctor or nurse requests it.

During the COVID-19 emergency and influenza season visiting guidelines may change to protect our patients.

Parent's Checklist – Before Surgery



- Attend preoperative visit.
- Confirm time to arrive the morning of surgery.
- Know what time the child must stop drinking and eating before surgery.
- Note when your child must stop taking medications.
- Tell medical staff about any allergies or anxiety issues, and share any other helpful information about your child.
- Bathe your child the night before surgery, washing hair thoroughly with shampoo.
- Arrive on time before surgery.