



Strictly

Pediatrics

Surgery Center

Parent Guide
For Overnight Stays

Thank you for choosing our facility to accommodate you and your child after surgery.

To make your stay more comfortable, we'd like to offer the following suggestions:

- ✿ Bring your child's favorite pillow, blanket, and/or toy. You may also wish to bring a pillow and blanket for yourself.
- ✿ Bring a change of clothes for your child and perhaps yourself and any personal care items.
- ✿ Bring an extra set of pajamas for your child (and extra pull-ups if potty training); accidents are common after surgery.
- ✿ Bring chargers for personal electronic devices.
- ✿ Bring your child's favorite movies; there is a TV and DVD player in each room.
- ✿ We have a small playroom and some games, but small toys from home will help pass the time.

Meals and Snacks

- ✿ For the patient, the center provides unlimited access to popsicles, jello, juice, Powerade® and water. As well, a dinner meal is provided for the patient and one parent. Tonsil patients are restricted to soft foods. The physicians strongly recommend avoiding all RED colored food and drink during the entire recovery phase, even at home.
- ✿ Parents are allowed to bring food from outside the center, but please nothing that has a strong, spicy odor. If your child has his or her tonsils out, please do not bring anything hard or crunchy to eat that your child may want and not be able to have.

Visitation

- ✿ One parent **MUST** remain in the surgery center at ALL times. Two adults can stay in the room throughout the day and one parent or LEGAL GUARDIAN overnight. Visitors are welcome until 9:00 PM. We urge you to make child care arrangements for siblings.

Discharge

- ✿ Discharge from the center is between 6:00 - 6:30am. Please arrange to have your ride here by 7:00am.
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