

Day of Surgery

- No jewelry should be worn, including earrings on the day of surgery.
- Older children may brush their teeth and rinse their mouth, however it is important that they do not swallow any liquid, including water.
- Do not give your child any medication that morning unless instructed by the surgeon.
- You may bring your child's favorite blanket or small toy to help them feel at ease.

Time of Surgery

The day prior to surgery, you will be called between the hours of 2:00 pm and 4:00 pm to confirm the time you should report to Surgical Day Care for surgery. Please remember, it is very important to arrive on time the day of surgery.

Thank you for following Heywood Hospital's guidelines for pediatric surgery. Our goal is to make your experience as safe, pleasant and anxiety-free as possible.

If you have any questions prior to your child's surgery, you may call 978-630-6268.



Pediatric Surgery at Heywood Hospital



242 Green Street, Gardner, MA 01440

(978) 632-3420 | heywood.org





Inpatient Pediatric Care at Heywood

If an overnight stay is required, your child will be cared for by an experienced pediatric nurse who specializes in the inpatient needs of children. Our state-of-the-art, private pediatric rooms provide a tranquil, family-friendly, healing environment for your child's recovery.

Before Surgery

NPO or "nothing by mouth" guidelines are rules that restrict eating and drinking prior to surgery. It is important that all children – infants through teens – follow these guidelines for safety reasons when having surgery. Your child's surgery will have to be postponed or cancelled if these rules have not been followed.

Eating Restrictions Prior to Surgery

Children between six months and three years of age:

1. No solids, milk or orange juice after 8:00 pm.
2. Patients may have apple juice, water, soft drinks or gelatin until 2:00 am.
3. Nothing by mouth is allowed after 2:00 am.

Note: If your child drinks using a special nipple or bottle, please bring it with you.

Children three years of age and over:

1. No solids, milk or orange juice after 8:00 pm.
2. Patients may have apple juice, water, soft drinks or gelatin until midnight.
3. Nothing by mouth is allowed after midnight.

Remember, your child may be hungry and ask for food and drink. However, it is very important that these pre-surgery instructions are followed for your child's health and safety during surgery. If your child asks to eat or drink, try distracting him/her with toys, movies or a favorite game.

Preparing Your Child for Surgery

Pediatric surgery can be intimidating for both parents and children, raising many fears and concerns. Scheduling elective surgery allows time for your child to prepare both physically and psychologically. Research and experience show that children of all ages are able to cope more easily if they have an idea of what to expect from their surgical experience.

Our Pediatric Surgery Team

Our experienced surgical services team offers a comprehensive approach to your child's surgery. From specialized nurses in the operating and recovery rooms to a pediatric anesthesiologist, our team is focused on your needs as a pediatric patient.

Pediatric Anesthesiology

Our specially-trained pediatric anesthesiologist understands the treatment of pain in children, and will make sure your child is as comfortable as possible before, during and after surgery.