

# What to Expect Before/After Surgery

**Lumina** When a part of your body is hurt, or not working the way it should, doctors may decide that the best way to fix it is with "surgery."

**Gyro** Surgery is something we do to fix or check a part of your body. The doctor does this by making an opening in the part of your body that needs to be checked or fixed.

**Neutrina** Today we're here to talk to you about what to expect before and after surgery.

**Chron** You'll get a special sleepy medicine before surgery. It's very important to take a break from eating and drinking before your surgery because it helps to keep you safe when you get your sleepy medicine, eh! Your care team will tell you when it's safe to have your last snack or drink before surgery. Okay?

**Chron** When it is time, you will leave your room and go to the surgical room.

**Dr. Gimble** To keep you safe, the operating room is a very clean place. Our caps, masks, gowns, and gloves help make sure it stays that way.

**Lumina** Many of us have personal items -- like blankets or stuffed animals -- that make us more comfortable. If you like, you may bring something of yours with you to surgery.

**Chron** Now during your surgery, the sleepy medicine will put you into a deep sleep. This sleep is different from the way you fall asleep at home, eh.

**Neutrina** In this sleep, you won't see, hear, or feel anything.

**Gyro** And don't worry...you won't wake up until the surgery is done.

**Lumina** You'll wake up in a room called the "recovery room."

**Chron** Once you're fully awake, you'll be able to see your caregivers.

**Gyro** And when you are ready, you will come back to your hospital room.

**Neutrina** Your stomach wakes up slowly after surgery, so we'll start you off with just liquids.

**Lana** Your nurse will tell you when it is safe to eat.

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Lucy Your nurse will ask you to walk, which helps your body wake up. It is important to walk and eat so we know your body is working as it should.

Dr. Gimble It is important to tell someone if you hurt, so that we can give you medicine for the pain.

Chron Your lungs need extra exercise after surgery...

Chron ...so you may be given a pinwheel...

Chron ...or bubbles...

Chron ...or an incentive spirometer to breathe in with. And you know, blowing or breathing in with these instruments exercises your lungs.

Lumina You might have some bandages after surgery to help keep your body clean and safe.

Gyro And if you have any questions, please...

All Speak up!

Lumina We're here to help you, so just let us know if you have any questions.