

Guide to Rady Children's Surgical Services

Thank You!

Welcome and thank you for choosing Rady Children's Hospital San Diego Surgical Services. Whether your visit is scheduled or unexpected, a child's procedure can be a stressful experience for the entire family. That is why it is helpful to know that your child is in expert hands at Rady Children's. Our team of pediatric surgeons, nurses, anesthesiologists, technicians and support staff will do everything possible to make your experience safe and comfortable. More than 20,000 surgical procedures are performed each year at Rady Children's. All of the staff are specially trained in meeting the unique surgical needs and concerns of children and their families. The purpose of this guide is to help prepare you and your child for his or her surgical procedure. We understand that a brochure can't take the place of talking to a member of our healthcare team, so please don't hesitate to call us with any questions. We look forward to providing you with excellent care.

Before Surgery

Within 7 days before your child's procedure we ask that you complete the Pre-Op Questionnaire and EZ Arrival Links in MyChart. Explore the website for any additional information and/or videos that might pertain to your visit. A pre-operative nurse will call you one day prior to your child's procedure to provide instructions on arrival times and eating and drinking restrictions.

Eating and Drinking Restrictions

Please follow instructions given to you by the pre-op nurse or doctor. Your child's procedure may be cancelled if dietary or feeding instructions are not followed for their safety

Illness

Contact your doctor prior to the procedure if your child experiences signs of illness such as fever, cough, nasal congestion, diarrhea, vomiting and/or rash. Also let your doctor know if your child has been exposed to any known contagious diseases such as Covid-19, chicken pox, tuberculosis, measles or mumps.

Medications

Do not give your child medications containing aspirin or ibuprofen (Advil, Motrin) for two weeks prior to the procedure unless instructed by your physician. Please give all of your child's regularly scheduled medications as directed by your physician.

What to Bring

- Your child's medications, including herbal medicines.
- Your child's favorite toy or comfort item.
- ID card, insurance card and any papers given to you by your child's physician.
- Payment or co-pay.
- Court documents, if applicable, for consent of legal guardianship.
- Home medical equipment (contact lens containers, wheelchair, g-tube, supplies, etc.).

Bathing and Hygiene

Please bath/shower your child within 24 hours of their procedure to help decrease the risk of infection. Remove nail polish, makeup and jewelry prior to arrival. Your child will be required to change into hospital clothing prior to the procedure.

Questions

Call Surgical Services at (858) 966-6765. We are here to answer your questions Monday through Friday from 8 a.m. to 6 p.m. If you have pre-procedure questions after 6 p.m. during the week or on the weekend, please call your child's physician.

On the Day of Surgery

Transportation and Visitation

On the day of surgery your child must be accompanied by a parent or legal guardian. Please arrange for private transportation (car or taxi) to and from the hospital before the day of the surgery. All patients, regardless of age, must have an adult present to drive them home. Please make arrangements for the care of your other children as currently (due to COVID-19 precautions) only one adult parent/caregiver will be permitted to accompany your child.

Check-In

You will need to check-in with registration 1.5 to 2 hours prior to the procedure depending on the time of your child's procedure. Once you have checked in, you and your child will be escorted to the pre-op area. A nurse will prepare your child for his or her procedure. Female patients older than 12 years, or who have started menstruation, will have a routine urine pregnancy test prior to being given anesthesia. The anesthesiologist will meet to talk to you and your child about any questions or concerns regarding anesthesia. You will also have an opportunity to meet with the surgeon (if applicable) to ask any questions you may have. Your child will then be taken into the procedure room by your operating room nurse. If you have any concerns, please speak with your child's nurse or doctor.

During the Procedure

We will direct you to the Family Waiting Room. Please remain in this area, as a representative will look for you there when the procedure is complete. The surgical team makes every effort to start your child's procedure as scheduled, but sometimes there are unexpected delays. We commit to keeping you informed if this occurs.

After Surgery

After the procedure your child will be taken to the Post-Anesthesia Care Unit (PACU) where our nurses will monitor your child's recovery and comfort level. It may take 1-2 hours for your child to wake up after the procedure. Once awake, you can visit with your child.

Going Home

If your child is going home on the day of the procedure, a nurse in the discharge area will provide something to drink, additional pain medication as needed and written post-procedure instructions. After your child is discharged, you will receive a follow-up phone call at home by a Rady Children's nurse to assess your child's progress. Please contact your child's doctor if you have problems or questions after the surgery.

Overnight Stay

If your child is being admitted to the hospital overnight, one parent is encouraged to stay. Please bring toiletries and spare clothing for you and your child.

Infants

Infants less than one month of age or young infants, who were born premature, will be admitted overnight. Full term infants one to three months of age will be observed for at least six hours after surgery. Full term infants who are three to six months will be observed for at least 4 hours.

Directions to Rady Children's

Northbound on CA-163

Exit at Genesee Avenue East
Turn left on Health Center Drive
Turn right on Frost Street
Turn right on Children's Way
Enter the South parking structure at the visitor's
entrance on your left

Southbound on CA-163/ I-805

Merge onto CA-163 South
Exit Genesee Avenue
Turn left at the signal
Turn left on Health Center Drive
Turn right on Frost Street
Turn right on Children's Way
Enter the South parking structure at the visitor's
entrance on your left

Northbound on I-805

Exit at Mesa College Drive
Turn left at the signal
Turn left on Health Center Drive
Turn left on Frost Street
Turn right on Children's Way
Enter the South parking structure at the visitor's
entrance on your left

Directions to Surgical Services from the Parking Structure

Cross the street using the cross walk to Entrance
2 at 3010 Children's Way
Please visit the information desk to obtain a
visitor's badge
Then follow signs to the Surgical Services
Registration area