



Parent Instructions for Surgery – Mt. Sinai Hospital

Michael Rothschild, MD
Clinical Professor
Director, Pediatric ENT, Mt. Sinai Medical Center

1175 Park Avenue, 1A, NY, NY 10128
(212) 996-2995
www.KidsENT.com

I know that it can be very stressful preparing your child for surgery. The following instructions may help. After reading them carefully, please let me know if there is anything that you do not understand about the operation.



MEDICATION

Some drugs can worsen surgical bleeding, and should be discontinued for two weeks before and after the surgery. While these are rarely used in children, avoid herbal preparations (especially garlic, ginkgo and ginseng). If your child takes aspirin or other anticoagulants, let me know before making any changes. Ibuprofen (Advil or Motrin) is OK to use before and most operations - I will tell you if this should be avoided. **Asthma inhalers should be taken** on the morning of surgery.



PREOPERATIVE TESTS

Before most operations I do not require any specific tests (such as x-rays or blood tests) on otherwise healthy children. Certain operations might require a CT scan or other test, but I will discuss this with you if necessary.



MEDICAL CLEARANCE

Your child's pediatrician must provide a complete written history and physical examination for the anesthesiologist. We have a form for this at my office and on my website, but clearance written on your doctor's stationary is also OK. This must be delivered to my office **at least 2 days** before the surgery, and if you bring a copy with you, that may help avoid delays. The clearance must not be dated more than 30 days before the date of surgery.



SICKNESS

It is very common for a child's surgery to be cancelled due to a cold or other infection, especially in the winter. This is mainly because the risk of anesthesia goes up if a patient has a respiratory infection. The final decision is made by the anesthesiologist on the morning of surgery. While operations are not cancelled for minor symptoms, if your child is clearly sick during the week before surgery, please check with me about rescheduling.



TIME OF SURGERY

The hospital is continually adding and removing cases to a busy schedule, and therefore does not assign starting times until each afternoon of the following day.

Times given by other departments are sometimes inaccurate- the correct time will be given to you by this office. My office will contact you on the day before the operation. Please be sure that we know how to reach you on this date, and call the office before 4 PM if you haven't heard from us.

Also realize that the length of an operation can vary due to unforeseen circumstances, and a procedure may take longer than anticipated. You should understand that each child has to be given my full attention for safety's sake, even if it means delaying the cases that follow. Therefore, the starting time that you are given is an estimate, and the later in the day you are scheduled, the more likely there is to be some delay. We always try to keep this to a minimum.



EATING AND DRINKING

Your child should be watched carefully before surgery, since they may try to eat or drink, which will delay or cancel their operation. This is because it is dangerous to have anything in the stomach when anesthesia is given. Even tiny amounts can cause the release of stomach acids, which increase that risk. **CLEAR liquids**, such as water, clear jello or apple juice (not cider) are OK up to three hours before the time of surgery. Breast milk is allowed up to 4 hours prior to surgery. **No other foods or liquids may be taken for eight hours prior to the operation.**



REGISTRATION

Please arrive at the Mt. Sinai Hospital surgical registration area at 1184 Fifth Avenue, **at least 90 minutes** before your surgical time. **Please do not bring any other children** with you to the hospital. If you have any problem finding the area, call our office, speak with a security officer or call security at 212-241-6068 (46068 from a hospital phone).

Patient Name: _____

Date of Surgery: _____