

# Complex Care Surgery Preparation Team



Boston Children's Hospital

Where the world comes for answers

617-355-6162

## Who we are

The Complex Care Surgery Preparation Team of surgeons, pediatricians, anesthesiologists, nurse practitioners, hospitalists, physician assistants, and schedulers helps prepare children with complex medical needs for surgery at Boston Children's Hospital. We will work with you and your child's other providers to help optimize your child's perioperative health and safety.

## What we offer

- a point person to contact with questions
- help with surgery decision making
- identification of risk factors for surgery
- care coordination with your child's health care providers

## For your child, we will:

- review your child's health history and talk with you by phone
- schedule a visit for a comprehensive health assessment (when needed)
- make and complete a checklist of things to do to prepare your child for surgery
- discuss your child at a multidisciplinary case conference
- make plans for post-operative recovery

## Contact us

Your surgeon may recommend that our team contact you. You may also reach us at 617-355-6162.

## Recommended resources

Please review the Orthopedic Center Guidebooks on spine and hip surgeries for children with neuromuscular disorders to learn more about the surgery, including preparation and recovery.

We also encourage you to visit the [Courageous Parents Network](#) for a decision-making guide and videos featuring a parent, an orthopedic surgeon, and a pediatrician discussing things to consider and what to expect from this process.

## Questions to answer with the team

- Are my child's weight and nutrition in good shape for surgery?
- Will my child need to visit with a heart or lung doctor to be cleared for surgery?
- Which of my child's chronic conditions may make it harder for him/her to recover after surgery?
- Do we need to make my child poop more before the surgery to avoid constipation?
- Does my child have any medical devices (like a shunt for hydrocephalus or g-tube) that need to be checked out before surgery?
- Will we need to change any of my child's chronic medications, like those to treat seizures or muscle tone for surgery?
- What is my child's vitamin D level? Is the level okay for surgery?
- Is it possible that surgery could be cancelled or delayed?
- How long will my child stay in the hospital?
- What will it be like after we get home? How can we prepare for that?

## Things to think about for surgery

Start preparing as soon as surgery is considered. Know that it might take many months to get your child ready. Multiple visits and communications with your child's healthcare providers may be necessary. Obtaining healthcare records for review may be required. New health problems may be discovered that need attention and treatment.

## Space to write down to-do's and things to remember:

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