

# My Comfort Plan for Surgery

## FOR MY HEALTH TEAM



This document can be used alone or with 'My Comfort Plan for Surgery - For me and my family'. It can be filled out by you/your family and shared with your health team before your surgery.

### All About Me!

My name: \_\_\_\_\_

My comfort person/people: \_\_\_\_\_

Select what best describes you:

- This is my first surgery
- I've had surgery before, but not many
- I've had a lot of surgeries

Things I have learned from my past surgeries:

\_\_\_\_\_

\_\_\_\_\_

If possible, I would like to sign the consent form, along with my legal guardian:  Yes  No

My favourite:

TV shows & Movies: \_\_\_\_\_






Books: \_\_\_\_\_

Games: \_\_\_\_\_

Comfort items: \_\_\_\_\_

Distraction items: \_\_\_\_\_

### My favourite psychosocial strategies for pain/anxiety are:

-  Guided imagery or meditation
-  Play a game or with toys
-  Reassurance and comfort from others
-  Listening to music
-  Deep breathing and relaxation exercises

Other strategies I use:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### My favourite physical strategies for pain/anxiety are:

-  Apply heat
-  Ice the area
-  Massage the painful area
-  Comfort positioning
-  Progressive muscle relaxation

Other strategies I use:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Before My Surgery

### COMFORT

While I wait, it would make me feel better to be with: \_\_\_\_\_

I would like to do the following activities: \_\_\_\_\_

I've brought these things to help me feel safe:  
\_\_\_\_\_  
\_\_\_\_\_

If I'm feeling anxious, these strategies help me relax (choose from your list on page 1):  
\_\_\_\_\_  
\_\_\_\_\_

### IV PREPARATION

If I'm going to have an IV, I like numbing gel/freezing spray:  Yes  No

I am allergic or sensitive to some tapes or medical adhesives:  Yes  No

If yes, please use \_\_\_\_\_ medical tape/adhesives.

If I'm going to have an IV, I'd like to distract myself with:  
\_\_\_\_\_  
\_\_\_\_\_

If a mask will be used and there are flavours, I prefer this flavoured gas: \_\_\_\_\_

## After My Surgery

While in recovery, how much pain are you okay with before getting help from an adult?

A little  Some  A lot

If I'm feeling pain after I wake up, I would like to talk to: \_\_\_\_\_

After I wake up, strategies for pain management that would work for me are (choose from your list on page 1):  
\_\_\_\_\_  
\_\_\_\_\_

A few things that I might need or want (e.g. tablet, blanket, favourite toy):  
\_\_\_\_\_

When I'm thirsty, please give me (e.g. drink, freezie, ice): \_\_\_\_\_

When I'm awake, I would like to listen to: \_\_\_\_\_

 **Reminder: If your pain is not at a manageable level, let your health care team know right away!**



**Scan here!** For additional information, tools, and to provide feedback on the effectiveness of this resource  
[linktr.ee/youthinpain](https://linktr.ee/youthinpain)

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# My Comfort Plan for Surgery

## FOR ME AND MY FAMILY



This document is not designed for emergency surgeries and is most suitable for children and adolescents. It can be filled out by you/your family in collaboration with your health team.

### Questions or concerns I might have:

Who will be doing the surgery? \_\_\_\_\_

Will I be awake or asleep? \_\_\_\_\_

When will my caregiver be with me? (e.g. in the waiting room, prep area, recovery room) \_\_\_\_\_

How long will my procedure take? \_\_\_\_\_

What happens if I get scared or upset? \_\_\_\_\_

What if I want to know more about what's happening? \_\_\_\_\_

Other things I'm wondering about: \_\_\_\_\_

### Pre-surgery appointment

My experiences with previous surgeries or anesthesia (taking medicine to sleep during surgery): \_\_\_\_\_

**!** *Share any allergies or preferences about medications with your anesthesiologist/surgeon.*

### OTHER QUESTIONS I MIGHT HAVE

What is it like to be put to sleep? \_\_\_\_\_

What will it be like when wake up? \_\_\_\_\_

Is a mask or an IV used to put me to sleep? \_\_\_\_\_

If they will use a mask, are there flavours of gas?  Yes  No

Does the hospital offer education about what to expect in the operating room (e.g. handouts, in-person or virtual tour)? \_\_\_\_\_

Are there things that can help me if I'm worried on the day of the surgery (e.g. child life specialist)? \_\_\_\_\_

What medications will be available after my surgery? \_\_\_\_\_

**!** *If you are having pain that is not manageable, always ask your health team or others for help.*

Are there any things I can / cannot do before surgery? \_\_\_\_\_

## Things to prepare at home the night before

- Take a shower/bath and wash hair
- Remove jewelry/nail polish
- Review fasting and drinking instructions.

Choose the clear liquid to drink: \_\_\_\_\_

**!** *Ask your health team which fluids are allowed & when they can be consumed. Drink and hydrate right up until the time you've been instructed to stop.*

Try to relax before going to sleep (choose from your list of physical and psychosocial strategies):  
\_\_\_\_\_  
\_\_\_\_\_

## Things to bring to the hospital

- Comfort items (e.g. blanket, stuffy, pictures): \_\_\_\_\_
- Distraction items (e.g. tablet, books, games): \_\_\_\_\_
- Hand warmers/mittens
- Comfy clothes to wear home (especially in the winter!)
- Other items to make the day go smoothly: \_\_\_\_\_

### FOR CAREGIVERS

- Comfortable clothing (dress in layers)
- Earplugs, headphones/reading glasses, snacks and drinks
- Something to keep you occupied (e.g. phone and charger, book)
- Child's medications with dosing information
- Paper and a pen (to write down information from the child's health team)
- An overnight bag (in case of a hospital stay)
- Other items your child might need for a hospital stay
- Other items to make the day go smoothly (e.g. a pillow): \_\_\_\_\_

## After Surgery / Coming Home

When I get home, I want to eat (keep in mind your restrictions if you have them!):  
\_\_\_\_\_

I would like my cozy space to be: \_\_\_\_\_

When I'm at home, I want help with pain management from an adult if I have:

- A little pain     Some pain     A lot of pain

If opioids are prescribed, more information on their safe and effective use is available in SKIP's resource '**Information for Caregivers: Effective & safe use of opioids for post-surgical pain**'.



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