



Providing High Quality Pediatric Anesthesia Services



The following information is to help parents and/or guardians prepare and better anticipate their child's anesthetic experience. Our intention is to help you feel more comfortable and assist you in supporting your child through their surgery or procedure. Feel free to ask staff or your anesthesiologist any questions you have about your child's anesthesia.

Introduction to Pikes Peak Anesthesia Associates

Pikes Peak Anesthesia Associates (PPAA) is one of the largest and most respected independent anesthesia groups in Colorado. Our group consists of over 40 board certified/eligible anesthesiologists dedicated to the highest levels of care for our pediatric patients and their families. Our specialist doctors provide the full range of medical service for adult and pediatric surgery, acute trauma, labor and delivery, cardiology procedures, gastroenterology procedures, radiology procedures and the diagnosis and treatment of acute and chronic pain. Pikes Peak Anesthesia has provided high quality, safe, efficient, cost-effective and cutting-edge anesthesia services to the Pikes Peak area for decades.

Our physicians are committed to helping you and your child have the best possible experience. We will meet with you individually to make sure you understand everything about your care before the procedure, provide you with all available options and alternatives, tailor the anesthetic to your child's specific needs and ensure that your child receives the safest possible treatment.

Pre-op Procedure

On the day of surgery you will be able to meet and talk to your anesthesiologist. You can help by complying with the fasting guidelines (Page 2) and being aware of your child's medical problems and current medications. You can help prepare your child by talking to them and making a plan for what to do when they feel nervous. Ideas that may be helpful include bringing a book they like to read, telling them a story they like, or talking about something fun they like to do. Staying calm will likely benefit your child as well because your child will take emotional cues from you. If you can comfort and encourage your child and respect their feelings they will likely have a better experience. In some cases oral medication may be given by the physician to help with anxiety.

Pediatric Anesthesia

Our anesthesiologists will frequently allow one parent to be present in the operating room as his or her child receives anesthesia. If you would like to be present please let your anesthesiologist know. There are some situations in which we may need to decline your request and we will discuss it with you at that time. Once your child is asleep you will need to leave the operating room so that the operating room team can focus on caring for your child. Parents are not permitted in the operating room during surgery.

Most children initially receive anesthesia by breathing anesthesia gases and oxygen through a mask. This takes about 1-2 minutes to cause your child to go to sleep. After they are asleep they may require an IV so that they can receive fluid and additional medications. Older children (generally about 10 years old and above) will receive an IV before going to the OR and will receive anesthesia through their IV to put them to sleep.

As your child falls asleep you may notice some changes that are a normal part of anesthesia. This may include heavy, deep or loud breathing. Sometimes children will move after initially relaxing, and it can be vigorous movement of both arms and legs, but your child will be unaware this is happening and it will pass. Partial closure of your child's eyes or rapid eye movement and rapid blinking as your child goes to sleep can also be normal.

Recovery Room/PACU

After your child's surgery is complete they will be taken to the recovery room. Every child will wake up differently from anesthesia. Some children will wake quickly and some will take longer, this is affected by the type and length of surgery and the medications they received during surgery. Frequently children wake up disoriented and restless. This can be common and children do not typically remember this transition period to being alert and fully awake. Sometimes pain or sedative medications will be given to help calm your child. The type of surgery and the anesthesia required will determine the amount of time your child will need to spend in the recovery room. It can be 15 minutes to over an hour.



Fasting Guidelines

Safety is our highest priority. In order to reduce the risk of severe complications, we request that all patients follow these specific guidelines for fasting prior to surgery. For safety reasons your child's surgery may need to be delayed or rescheduled if you have not kept to these guidelines.



Newborns to 6 Months of Age - Do not eat solids or drink milk 4 hours prior to surgery. You may have clear liquids* up to 2 hours before surgery.

Children 6 Months to 36 Months - Do not eat solids or drink milk 6 hours prior to surgery. You may have clear liquids* up to 3 hours before surgery.

Children 36 Months to 4 Years - Do not eat solids or drink milk 8 hours prior to surgery. You may have clear liquids* up to 3 hours before surgery.

Children 4 to 14 Years of Age - Do not eat solids or drink milk starting at midnight of the day before surgery. You may have clear liquids* up to 4 hours before surgery.

Children 14 Years and Older - Do not eat solids or drink milk starting at midnight of the day before surgery. You may have clear liquids* up to 6 hours before surgery.

*Clear liquids are: water, apple or white grape juice, coffee or tea without cream or milk, and Gatorade. Please do not eat/drink Jello, broth, gum, mints, hard candy, carbonated beverages or sodas.

Please note that charges for your anesthesia services will come separately from your hospital bill. For billing questions, call: 844-900-7722. You may also make payments at our website:

www.ppa.com

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