



TIPS TO HELP YOUR CHILD THROUGH A SURGERY



**YOUR
CHILD'S HEALTH
IS OUR PRIORITY.
DON'T DELAY
THEIR CARE!**



5 tips to help your child prepare for surgery.

1 Be open and honest.

Children are perceptive and are often aware when parents are upset or nervous, which can cause them to feel nervous. Don't be afraid to ask questions of your child's surgery team, but be aware that your feelings and non-verbal communication clues may be picked up by your child. Project a calm, supportive, and soothing presence to comfort your child.



The Children's Regional Hospital at Cooper is part of southern New Jersey's leading academic health system — Cooper University Health Care. The pediatric surgeons at the Children's Regional Hospital at Cooper are board-certified pediatric surgeons in South Jersey. They have significant experience and handle hundreds of pediatric surgeries every year. Our experts understand that the prospect of surgery and hospitalization can be overwhelming for children and parents alike.

As a parent you are naturally worried. It is important to remember, however, that your child looks to you for reassurance and confidence. Preparing your child before the surgical process begins will reduce stress by increasing your child's understanding of what will happen the day of surgery and help build trust in their health care professionals.

Following are five important tips to help you and your child through their surgery.

2 Encourage expression of feelings and questions.

Allow your child to share thoughts about any misconceptions or fears. Children can be expected to be less than perfectly behaved when facing the unknown. Some children may even have angry outbursts or tantrums due to the stress. Provide your child with lots of love and reassurance that you will be there for them.



3 Explain to them what they will experience.

Your child will see, hear, smell, and feel so many different things during surgery. Talk to them about what they will be going through and the people they will meet, such as the nurses, doctors, and anesthesiologists.



4

Bring a comfort item.

Encourage your child to choose something special to bring with them on the day of surgery. This will help provide comfort.



5

Affirm your child's feelings.

Children experience a variety of emotions pre- and post-surgery. Reassure your child that it is normal to be frightened or sad. Your job as a parent is to help them express and channel those feelings appropriately.



Take time to increase your own understanding of your child's surgery. Ask your surgeon questions and for advice on how to explain the surgical procedure. Your understanding of the surgery and ability to communicate that to your child will play a vital role in his or her surgical experience. Effective preparation will help you and your child feel less anxious and more confident about your surgical team and the prospect of surgery. Your communication with your child helps him or her to feel your love, care, and compassion.



Types of Pediatric Surgery

Surgery for children is typically classified as major or minor depending on the seriousness of the illness, complexity of the operation, and expected recovery time.

- Major Surgery:** Major surgery are surgeries of the head, neck, chest, and some surgeries on the abdomen. The recovery time can be lengthy and may involve a stay in intensive care or several days in the hospital. These types of major surgery include brain tumor removal; correction of bone malfunctions of the skull and face; correction of spinal abnormalities; treatment of injuries sustained from blunt trauma; correction of problems in the development of lungs, intestines, diaphragm, or anus; repair of congenital heart disease; and the transplantation of organs.
- Minor Surgery:** Fortunately, the majority of children requiring surgery is for far-less serious conditions. For minor surgeries, recovery time is short, and children quickly return to their regular activities. Common minor surgeries include hernia repairs, correction of bone fractures, removal of skin lesions, tonsillectomy, cochlear implants, and endoscopic sinus surgery.

Cooper University Health Care has been serving the residents of South Jersey for 135 years. Today, Cooper is the region's leading academic health system affiliated with Cooper Medical School of Rowan University. Children's Regional Hospital at Cooper pediatric surgeons are board certified.

Additionally, Cooper operates as the only Level II Pediatric Trauma Center in South Jersey treating children who are severely injured. Level II trauma centers must have a full complement of board certified specialists from radiologists to trauma surgeons on call 24 hours a day, 7 days a week when patients arrive by land or air. No other hospital in South Jersey has this depth of expertise.

For all of your children's surgical needs, you can trust Cooper University Health Care.

Child Life Specialists lend emotional support along the way

Child Life Specialists at Children's Regional Hospital at Cooper support children and families to help minimize the possible stress of illness and hospitalization. Therapeutic play and activities help to inform and also create a soothing diversion during pre and post-surgery. It's just one more reason to choose Cooper for your child's care.

Meet our Pediatric Surgeons



Matthew Moront, MD
Head, Division of Pediatric Surgery
Medical School: Georgetown University School of Medicine, Washington, DC
Internship: Surgery – University



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of Massachusetts Medical Center, Worcester, MA
Residency: Surgery – University of Massachusetts Medical Center, Worcester, MA; General Surgery – Georgetown University School of Medicine, Washington, DC
Fellowships: Pediatric Surgery – Children's Memorial Hospital, Chicago, IL; Pediatric Trauma Research – Children's National Medical Center, Washington, DC
Special interests: Trauma, ECMO, minimally invasive surgeries, childhood tumors



Douglas Katz, MD
Pediatric Surgeon
Medical School: Medical College of Virginia, Richmond, VA
Internship: Surgery – Milton S. Hershey Medical Center, Hershey, PA

Residency: Surgery – Milton S. Hershey Medical Center, Hershey, PA
Fellowships: Children's Hospital of Michigan, Detroit, MI; Pediatric Surgery – Arkansas Children's Hospital, Little Rock, AR
Special interests: Newborn Surgery, Minimally Invasive Surgery, Oncology Surgery, Medical Ethics, Surgical Education

A friendlier place for children to be

On entering the Children's Regional Hospital at Cooper, patients and families step into a welcoming hallway leading to private rooms with overnight beds for caregivers. When entering into the common area, children are greeted with a two-story windows that let in natural light and hideaway cubbies for reading and play.

Cooper University Health Care has grown significantly and is a leading academic health system. It's time to take a closer look at what the Children's Regional Hospital at Cooper and our experts in Pediatrics can offer you and your family at CooperHealth.org/pediatrics.

Cooper Pediatric Surgeons are in your neighborhood

Cooper pediatric surgeons have convenient office locations:

- **Camden:** Sheridan Pavilion, 3 Cooper Plaza Suite 200, Camden, NJ 08103
- **Egg Harbor Township:** 303 Central Avenue Suite 4, Unit B, Egg Harbor Township, NJ 08201
- **Voorhees:** 6400 Main St. Complex, Voorhees, NJ 08043



Erika Lindholm, MD
Pediatric Surgeon
Medical School: LSU-New Orleans School of Medicine, New Orleans, LA
Internship: General Surgery – LSU-New Orleans Department of General Surgery,

New Orleans, LA
Residency: General Surgery – LSU-New Orleans Department of General Surgery, New Orleans, LA
Fellowships: Pediatric Surgery – Saint Christopher's Hospital for Children, Philadelphia, PA; Pediatric Surgical Oncology – Memorial Sloan Kettering Cancer Center, New York, NY
Special interests: Minimally Invasive Procedures; Pediatric Oncology (Wilms, Neuroblastoma, Osteosarcoma); Neonatal Surgery; Hernias; Soft Tissue mass; Thoracoscopic Lung Surgery

Meet our Advanced Practice Providers



Dorothy Gould,
MSN, APN-C



Jacquelyn English,
PA-C, MPAS

CooperHealth.org/pediatrics
To schedule an appointment with one of our pediatric surgeons, call **800.8.COOPER (800.826.6737)**.