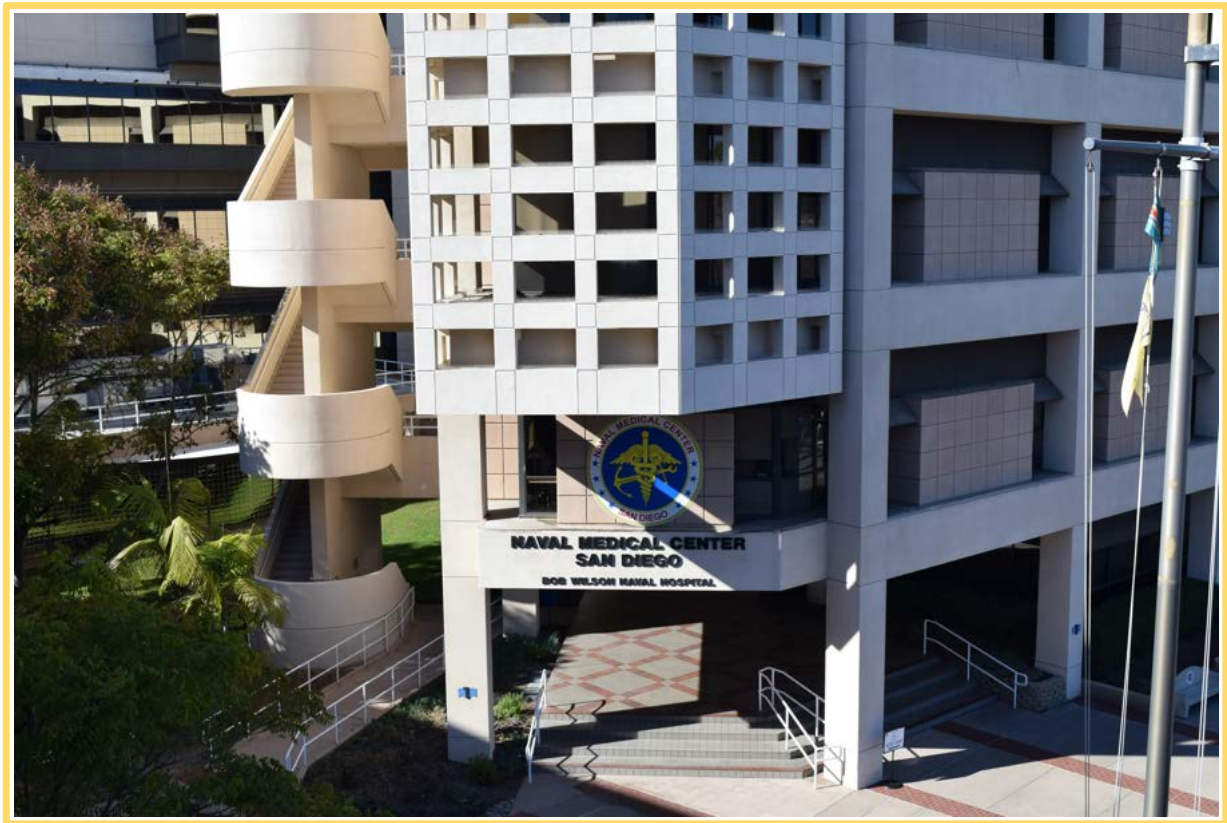

Family Walkthrough with Balboa the Tiger

A story of what you and your child can expect before and after surgery at Naval Medical Center San Diego!



Your HEALTH is our MISSION

Naval Medical Center San Diego
Department of Anesthesia
Department of Pediatrics

Hi there, it's me... a friendly tiger
you see. I proclaim that Balboa is
my name!

Let's travel together through a
hospital tour. You'll go to new
places and see what's in store!



When you first get to the hospital, you and your family will park in a big parking lot and walk to the elevator.

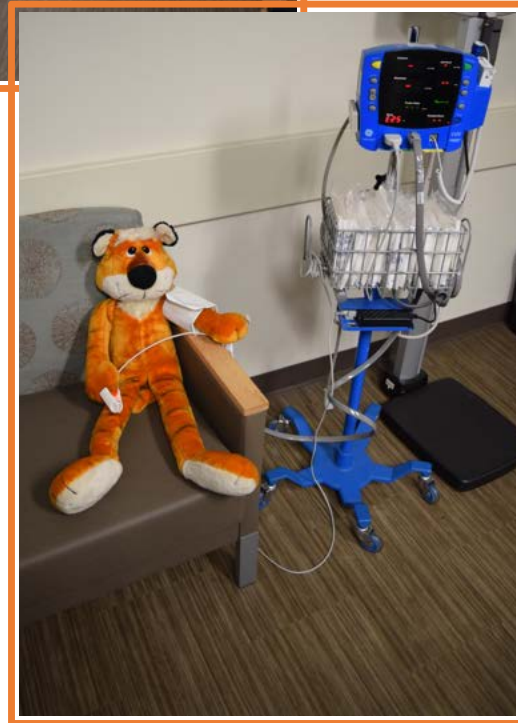


We can soon step inside when the doors open wide!

We're here, we made it! It's time to check-in. They'll ask me my name before we begin!



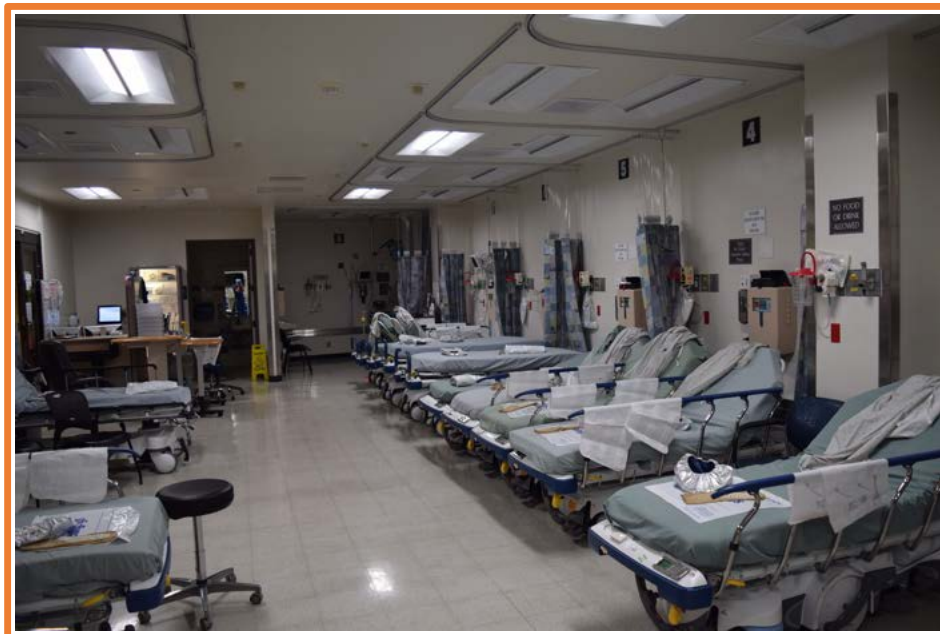
Your doctors will see how big and tall you are when you stand on the cool tiger scale in the Pre-Op Clinic.



And the friendly clinic nurses will inflate a special balloon around your arm to see how strong your heart is.

Your family will fill out some paperwork. Depending on your spot in line, you may have to wait here for some time.

I'll stand some and sit some... wow, am I bored. We brought some fun toys, though, my patience reward!



When it is your turn, you will be asked to come back into the Pre-Op holding area. The cool Tiger team here will ask you to change into a gown and then a bunch of hospital friends will come to see you.

Yay, it's my turn, I'm ready to go! I got this new outfit. I look cool, don't you know?!



The nurses, anesthesia team, and surgeons will all stop by. They'll confirm the details of the surgery and relevant parts of your medical and surgical history. This is a great opportunity to ask any last-minute questions!

**The nurses and doctors
all stopped by my bed.
"Do you have any
questions?" each one of
them said.**



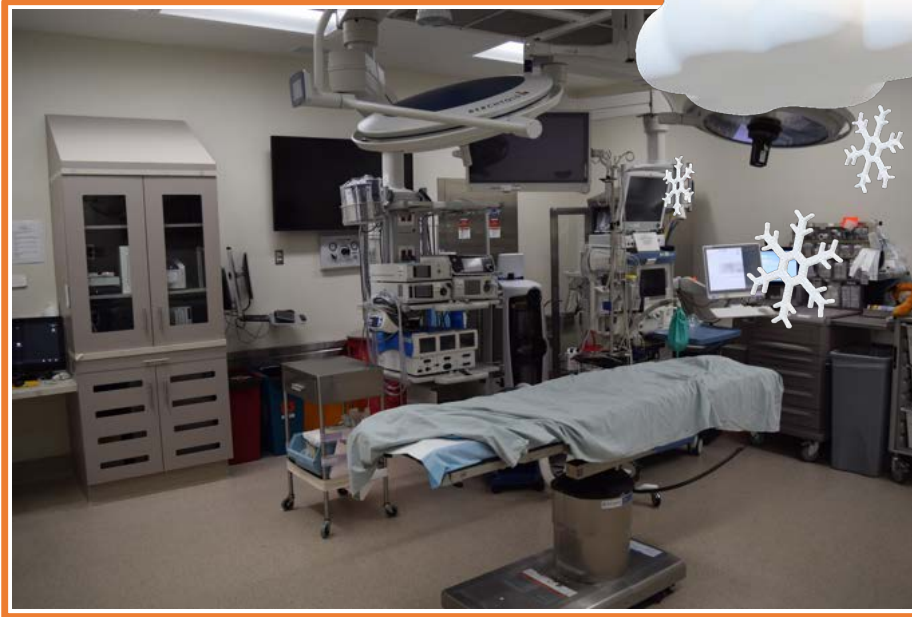
Now that we're ready to go, you'll take a ride to the OR on this comfy bed with wheels. Make sure you waive 'SEE YA LATER' to everyone at the front desk and 'HI' to all your new friends in the OR!



**That waiting was worth it
- it's time to go back!**

**"Bye, friends and fam, you
should go grab a snack!"**





Here's the OR.
Sometimes it's
chilly, but your
anesthesia friends
will get you warm
soon.

The team will help move you to the OR table.



When it's time for surgery to start, your anesthesia friends will help you sleep, just like you do during nap time or bedtime! You'll take some nice deep breaths with a little mask over your nose and mouth. You might feel kind of funny, but soon you'll be dreaming...

Once you're up on the table, be brave just like me. Close your eyes and try counting to three!



And just like that you're all done! You will wake up in the PACU (Post-Anesthesia Care Unit) after your surgery.



My procedure is done, my eyes are wide open. I'm tucked in this bed; they've fixed what was broken!

Your friendly PACU friends will check your temperature, heart rate, and use the special arm balloon again to make sure you're doing OK!

"That wasn't so bad", I thought in my head.

"To think I was nervous and filled with such dread!"



When your team of nurses and doctors think you are ready, someone from your family will come to visit you in the PACU. You might stay in the hospital a little longer after surgery, or you might get to go home! Your doctor will let you know.

Now that we're through, I'll say goodbye to you. But remember me, friend, and I'll remember you, too!

Our time at the hospital was pleasant and fun! This team at Balboa is second to none!