

I am going to have an operation



say less,
show more

How to use these visuals

If **you are coming** to hospital you can:

- **Look** at these pictures and talk about them with others
- **Talk** with the nurses and doctors about the pictures
- **Think** about what will happen when you come to hospital

If you are **helping someone** to understand their hospital visit you can:

- **Share** the pictures with them either as a book or through the website
- **Give** them time to think about the pictures
- **Talk** with them about the pictures
- **Give** them time to ask questions
- **Ask** them how they are feeling about hospital
- **Use** the pictures as a guide before or during the hospital visit

The pictures and e-learning module on using visuals can be found here:

<https://www.aci.health.nsw.gov.au/resources/intellectual-disability/childrens-services/say-less-show-more>

Remember, say less and **show more!**



I arrive at hospital.



I can sit in the waiting room and wait for my turn.



I check in at admissions.



When it is my turn, the nurse will ask me questions.



The nurse will put a band on my wrist with my name on it.



The nurse will take my temperature.



The nurse will take my blood pressure. They will wrap a band around my arm.



The nurse will put a clip on my finger.



I have to get changed and put on a gown and cap.



I have to take my shoes off and put them in a bag.



I can put my clothes in the pink bag.



The nurse measures how tall I am.



The nurse will weigh me.



Now I am ready for my operation.
I need to wait in bed.



I can read a magazine or look at my phone.



The nurse may give me a tablet that I will need to swallow.



When it is time for my operation, I will go to the anesthetic bay.



The nurse will put a tight band around my arm.



The nurse will put a needle in my arm.



The nurse will put a tape around the needle.



After my operation, I will slowly wake up in bed with a mask on my face.



The nurse will take my temperature.



The nurse will check the bandages on my body where the doctors operated.



The nurse will ask me to sip some water.



The nurse will bring me some food to eat.



Then they will help me sit on the chair.



The nurse will help me go to the bathroom to get dressed.



The nurse may put a sling or bandage on me.



The nurse will talk to my carer and I about what I need to do at home and what medicines I might need.



www.nslhd.health.nsw.gov.au

