



A GUIDE TO

# Your Surgery



**UPMC | MERCY**

# Language Interpretation Services

You have access to interpretation services 24 hours a day, 7 days a week at no cost to you. This chart includes languages commonly spoken in our community. Additional languages are available. For more information or to request language interpretation services, please ask a care team member.

Spanish	Indique su idioma. Llamaremos a un intérprete. El servicio es gratuito.
Nepali	आफ्नो भाषालाई इगित िनुनहोस्। एक दनभाषषया बोलाइनेछ। दनभाषषया तपाईंलाई कन नै पनन लांतिमा प्रदानरिएको छ।
Arabic	لغتك. وسيتّم التّصال بمتّرجم فوري. نقدّم خدمه التّرجمة الفورية مجاناً لك
Russian	<b>Укажите язык на котором Вы говорите и для Вас вызовут переводчика. Услуги переводчика предоставляются бесплатно.</b>
Haitian Creole	Endike lang ou a. Y ap rele yon entèprèt. W ap jwenn entèprèt la gratis.
Swahili	Onyesha lugha yako. Mkalimani atapigiwa simu. Mkalimani hutolewa bila gharama kwako.
Vietnamese	Hãy chỉ vào ngôn ngữ của quý vị, một thông dịch viên sẽ được gọi đến, quý vị sẽ không phải trả tiền cho thông dịch viên.
Mandarin	请指定您的语言, 我们会提供免费的口译服务
Pashto (Afghanistan)	خپلي ژبي ته اشاره وكړئ. يو ترجمان به وغوښتل شي. ترجمان تاسو ته وړيا چمتو كېږي.
Uzbek	O'z tilingizni ko'rsating. Tarjimon chaqiriladi. Tarjimon sizga bepul taqdim etiladi.
French	Désignez votre langue du doigt. Un interprète sera contacté et mis à votre disposition gratuitement.
Portuguese (Brazil)	Aponte para o seu idioma. Um intérprete será chamado e providenciado gratuitamente para você.
Dari (Afghanistan)	زبان خود را معین کنید. یک مترجم شفاهی فراخوانده خواهد شد. ارائه مترجم شفاهی بدون هزینه برایتان خواهد بود.
Turkish	Dilinizi gösterin. Bir tercüman çağrılacak. Tercüman size ücretsiz olarak sağlanacaktır.
Kinyarwanda	Erekana ururimi rwawe. Umusemuzi azahamagarwa. Umusemuzi atangwa nta kiguzi kuri wowe.
American Sign Language (ASL)	 Point to your language. An interpreter will be called. The interpreter is provided at no cost to you.

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## Preparing for Your Surgery

We know that preparing for any surgery can be stressful. Knowing what to expect before, during, and after surgery can help ease some of your fears. We are here to guide you through every step of the process.

### Surgery Education Video

Please scan the QR code using the camera on your smartphone or visit



**UPMC.com/SurgeryEducation** to watch an important video on what to expect before, during, and after your surgery and how you can prepare for it. You will learn about the different types of anesthesia you may receive and the steps to care for yourself before and after surgery to help speed up your recovery.



### Important Information

For your health and safety, please follow the instructions below. **If you do not follow the instructions, your surgery may need to be postponed or canceled.**

- **Medicines** - Some medicines, vitamins, and herbal supplements should be stopped before surgery. Please check with your surgeon or primary care provider (PCP) before surgery. Please only take medicines as instructed by your doctor and preadmission nurse.
- **Changes in Your Health** - Let your surgeon's office know if you have any symptoms of a cold, fever, or infection, or if you have any changes in the level of your pain, numbness, or sensitivity.
- **What to Bring** - Remember to bring your x-ray/CT/MRI films, blood band, and/or prescribed eye drops/ointment the day of your surgery if you are told to do so.

- **Anesthesia** - If you are having **any** type of sedation or anesthesia, you **cannot** drive and **must** have a responsible adult take you home. If you are taking public transportation (such as the bus or UBER®), you **must** have a responsible adult accompany you. You **must** have a responsible person 18 years or older stay with you for 24 hours after your surgery.

## The UPMC Disabilities Resource Center

The UPMC Disabilities Resource Center (DRC) makes sure that health care is accessible to people with disabilities, including those who are deaf, hard of hearing, blind or have low vision, or those with mobility, speech, intellectual, cognitive, or behavioral disabilities. We offer accessibility, communication, and hearing assistance resources. Please let a staff member know of your needs.

## Service Animals

Service animals, as defined by the Americans with Disabilities Act, are welcome in all public areas within UPMC facilities and in your room. Animals must be housebroken and under the control of their owner. If the owner is unable to care for the animal during their stay or visit, another person must be designated to do so. UPMC staff are not required to care for service animals.

**For more information, visit [UPMC.com/DRC](https://www.upmc.com/DRC) or call 412-605-1483.**

**We believe in, support, and promote dignity, inclusion, and belonging. Kindness and respect are expected from—and for—all who enter our doors.**

## Testing Before Surgery

Your surgeon may ask that you have testing done before your surgery. This is to make sure that you are safe for surgery. Some of these tests may include blood tests, urine tests, blood clotting tests, EKGs, x-rays, or CT scans. You may also be asked to schedule other tests if your surgeon thinks they are needed.

### UPMC Mercy Outpatient Testing Center

You may go to UPMC Mercy for testing before your surgery. It is located on the 1st floor by the Main Information Desk, Room 1-106.

### Hours of Operation

**Monday through Friday:**

6 a.m. to 6 p.m.

**Saturday:**

6 a.m. to 1:30 p.m.

## Testing and Blood Work

After scheduling your surgery, you will need to have all testing and blood work completed within 30 days before your surgery.

- You must check in 15 minutes before close for blood work and 30 minutes for preoperative testing.
- We do not accept appointments for preoperative testing. This is a **walk-in** service.
- If you are having your testing done at another facility, please make sure all results are faxed to the Preadmission Department at UPMC Mercy **(412-232-7814)** and your surgeon.

### Preoperative History and

**Physical (H&P):** You must have this within 30 days of surgery. An appointment is recommended. This may be done at UPMC Mercy Outpatient Testing Center. Please call **412-232-7540** to schedule an appointment. A prescription must be provided by your surgeon for this service.



- Please arrive 15 minutes before your appointment for the registration process.
- Expect to be there for about 1 hour for your visit.
- Bring a list of your medicines including over-the-counter medicines, vitamins, and herbal preparations and supplements.
- Be prepared to fill out paperwork about your medical history so your provider has the most updated information.

**Medical Clearance:** If your surgeon orders this you must see your primary care provider (PCP) or other medical specialist for this service. If you are unable to get in with your PCP before surgery, call your surgeon's office. If you take any diabetes, weight loss, or blood thinning medicines, talk to your prescribing doctor or surgeon about how much to take and/or when to stop taking them before surgery.



## Before Your Surgery

### Preoperative Phone Call

You will receive a phone call from a preadmission nurse 2 to 4 days before your surgery. Please have all of the following information available:

- A list of all your medicines, including over-the-counter medicines, vitamins, and herbal supplements.
- The name and phone number of your primary care provider (PCP).
- The name and phone number of your pharmacy.
- The name and phone number of your driver.



- A list of your allergies, including medicines, food, or latex, and what reaction you have.
- Your medical history and past surgical experiences.
- Any special needs (such as translators, accommodation, etc.).

Please ask your clinical care team about any unit-specific guidelines, including current visiting hours and restrictions, which may vary.

### Important Things to Know

- Please note that your scheduled surgery is subject to time change.
- **Do not eat any solid food after midnight.** This includes chewing gum, breath mints, or lozenges (cough drops).
- After midnight, up to 2 hours before your scheduled surgery time, you are allowed these 5 liquids only if your doctor and preadmission nurse directs you to do so:



- > Water
- > Black coffee or tea (no sugar, milk, dairy products, or creamers)
- > Clear apple juice
- > Gatorade® (any color but red) if you are diabetic, please get the G2® low-sugar Gatorade.
- **Do not** drink any carbonated beverages.
- If you are diabetic and you feel your blood sugar is low, check your blood sugar (if you have a glucometer). You may have 4 oz. of clear apple juice.
- **Do not** smoke, chew tobacco, or vape 24 hours before surgery.
- **Do not** drink alcoholic beverages 24 hours before surgery.
- **Do not** use recreational drugs or medical marijuana 24 hours before surgery.
- Be sure to follow any home preparation prescriptions, such as bowel preparations.
- Please follow the guidelines for cleansing with chlorhexidine (CHG) or an antimicrobial soap (such as Dial®). You will receive

more instructions before your surgery.

- **Do not** shave near the body area where the surgery will be performed. Shaving can cause skin irritation, which can lead to an infection.

### Your Surgery and Arrival Time

The preadmission nurse will contact you the day before your surgery to let you know your surgery time and what time you will need to arrive. You may need to arrive 1 to 3 hours before your surgery time depending on your surgery and anesthesia needs.

Please contact the Preadmission Department with any questions:

**Monday through Friday:**

8 a.m. to 5 p.m.

**Phone: 412-232-7540**

You may leave a message and someone will return your call. If you need to cancel your surgery, please call the doctor's office that is performing the surgery.

## Day of Your Surgery

- Leave all valuables, including money and credit cards, at home.
- Wear comfortable clothing that is **clean**, loose-fitting, and easy to remove.
- Please brush your teeth the morning of surgery (swish and spit, **do not** drink).
- **Do not** use any lotions, perfumes, deodorant, makeup, powder, nail polish, hair products, or aftershave.
- **Do not** wear jewelry, including rings. Remove all body piercings.
- **Do not** wear contact lenses. Bring your glasses and a case.
- Leave suitcases in the car. They can be brought in once you have a room. If your surgeon provided any equipment to be used after surgery (back brace, shoulder sling, etc.) please bring it with you to the hospital.
- Breastfeeding mothers should bring their breast pumps to the hospital.
- If you use a constant positive airway pressure (CPAP) machine at home, you will need to bring it the day of your surgery if you are staying overnight.
- Bring any inhalers from home. All other prescriptions will be provided by the hospital pharmacy.
- When you arrive at the hospital, go to the surgery waiting room and a staff member will take you to the pre-op area and prepare you for surgery.
- You will talk with an anesthesia provider and meet your surgeon.
- After you are ready, your support person(s) may be able to see you before your surgery.
- Your support person(s) may wait for you in the waiting room. They will get instructions on how to follow your progress and receive updates.
- Valet parking is available at the UPMC Mercy Ambulatory Center entrance on Mercy Drive from 5:30 a.m. to 5:30 p.m. on weekdays for a flat rate of \$5, which includes the parking fee.

- Security will provide escort services from the hospital to your car upon request. Please discuss this with your nurse.

## **When You Arrive**

1. When you arrive, park in the garage across from the UPMC Mercy Ambulatory Center entrance on Locust Street (if you are not using valet parking). Park near or on the 4th (Yellow) floor. Take the garage elevators to the 4th (Yellow) floor and cross the bridge walkway to the hospital. This entrance does not open until 5 a.m. If you arrive before that time, please enter the hospital through the ground floor of the entrance. Our staff will direct you to the correct surgical floor.
2. Check in at the registration desk and have a seat in the waiting room. Discounted parking is available at the registration desk.

3. Your support person(s) will be given a legend with an assigned ID number. This ID number will be displayed on the tracking board in the waiting area and will track your progress throughout your surgery.

4. Once you are registered, please have a seat in the waiting area. When your name is called, a staff member will take you to a private area where you will remove all clothing and undergarments and change into a gown. Your support person will wait in the waiting room until you are fully prepared by the care team.

5. A member of the care team will then take your vital signs and complete any other orders your surgeon has asked for.

6. You will see members of the surgical and anesthesia teams, who will explain the details of the surgery and anesthesia, including the risks and benefits. Please ask any questions you may have about your surgery.

## Anesthesia

An anesthesia specialist will talk with you about anesthesia, which is used to relax you and block pain. They may also start an IV in your vein. There are several types of anesthesia that may be used for surgery:

- **Local anesthesia** numbs a small part of the body for minor procedures. You may get a shot or cream applied to the area to block pain. You may stay awake during the procedure.
- **Regional and neuraxial (epidural or spinal) anesthesia** blocks pain to a larger part of your body. You may also get medicine to help you relax or sleep. Types of regional anesthesia include:
  - > A **nerve block**, which is a shot to block pain around a specific nerve or group of nerves, often used for surgeries on the hands, arms, feet, legs, or face.
  - > **Epidural or spinal anesthesia**, which is a shot near the spinal cord and the nerves that connect

to it. It blocks pain from an entire region of the body, such as the belly, hips, or legs.

- **Conscious sedation** helps you relax and makes you sleepy, but often you are not fully asleep. It is usually given by IV. This type of medicine allows you to recover quickly from your procedure and return to regular activities sooner.
- **General anesthesia** affects your brain and body. You may get it through an IV in your vein or by breathing it in. You will be asleep and will not feel pain during the surgery or remember it afterward.

The type of anesthesia used depends on your health history and the type of surgery. Major side effects are rare, especially if you are in good health. Minor side effects like sore throat, vomiting, or headache might occur.

After the procedure, the anesthesia medicines will be stopped. How fast it wears off depends on the anesthesia used, your age, health, and how you react to it. Everyone is different.

## The Surgery

- You will be taken to the Operating Room (OR) and cared for by specially-trained staff.
- No support persons are allowed in the OR. After your surgery, your surgeon will let them know how you are doing.
- Support persons should stay on campus at all times during your procedure. If your support person leaves the waiting area, they should let the receptionist know and leave a phone number where they can be reached.

## After Surgery

You will be taken to the Post-Anesthesia Care Unit (PACU). Your length of stay in the PACU depends on the type of surgery you had and anesthesia you received. Please let your nurse know how you are feeling, and what kind of pain you are in.

If you are going home, your support person(s) will be called back to go over your instructions for when you leave the hospital. You will need a responsible adult to drive you home.

**Do not** drink alcohol, drive, or operate machinery for 24 hours after anesthesia or sedation.

## Overnight Stay

If the care you need after surgery requires you to stay overnight, you will be moved from the PACU to a hospital room. Your support person(s) will be able to see you when you leave the PACU.

If your support person(s) needs a place to stay near the hospital, there are hotels close by. You can ask a member of your care team for more information and help with finding accommodations.

## Pharmacy

For information on our pharmacy or to speak with a pharmacist, please call **412-642-5485**.

## Thank You

Thank you for choosing UPMC for your care. Our goal is for you to have a successful surgery, so please let us know if you have any questions. For more patient and visitor information, please visit **UPMC.com/MercyVisitors**.

## Notes

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## **UPMC Mercy**

1400 Locust St.

Pittsburgh, PA 15219

**412-232-8111**

**UPMCMercy.com**

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, gender expression, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.