



A GUIDE TO

# Your Surgery



**UPMC | WELLSBORO**

## Interpretation Services Available

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 िनुनहोस। एक दनभाषषया बोलाइनेछ। दनभाषषया तपाईंलाई कन नै पनन लाितामा प्रदानिरिएको छ।
Arabic	لغتك. وسيتم الاتصال بمترجم فوري. نقدم خدمة الترجمة الفورية مجاناً لك
Russian	Укажите язык на котором Вы говорите и для Вас вызовут переводчика. Услуги переводчика предоставляются бесплатно.
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)	خپلې ژبې ته اشاره وکړئ. یو ترجمان به وغوښتل شي. ترجمان تاسو ته ورپاچمتو کيږي
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)	Aposte 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 and blood band 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.**

## Rovers: A Tool to Support Your Care

You may see us using mobile phones while caring for you. These devices are called Rovers. They are a secure, mobile extension of our electronic health record system.

Rovers help us provide safer and more accurate care right at your bedside. Even when we are using them, we are still listening and focused on you. If you have any questions, please ask.

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, EKGs, x-rays, or CT scans. You may also be asked to schedule other tests if your surgeon thinks they are needed.

### UPMC Wellsboro Testing Center

You may go to UPMC Wellsboro for your testing before your surgery. It is located inside the hospital on the 1st floor by the Main Information Desk/Registration. You can enter the hospital through the Main Entrance and use the Main Parking Lot.

### Hours of Operation

#### Monday through Friday:

8 a.m. to 3:30 p.m.

### Testing and Blood Work:

After scheduling your surgery, you will need to have all testing and blood work completed within 45 days before your surgery. This will be completed at your scheduled preadmission testing appointment.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

- If you are having your test done at another facility, please make sure all results are faxed to the UPMC Wellsboro Surgical Department (**570-723-1911**), your PCP, and your surgeon.

### Preoperative History and Physical (H&P):

You must have this within 30 days of surgery. This may be done by your PCP or surgeon.

- Bring a list of your medicines, including over-the-counter medicines, vitamins, and herbal 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 PCP or other medical specialist for this service. If you are unable to see 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

### Preadmission Testing

Before surgery, you will meet with a preadmission nurse. This appointment will take about 30 to 45 minutes, plus more time for any testing you may have afterward. Please have all of the following information available:

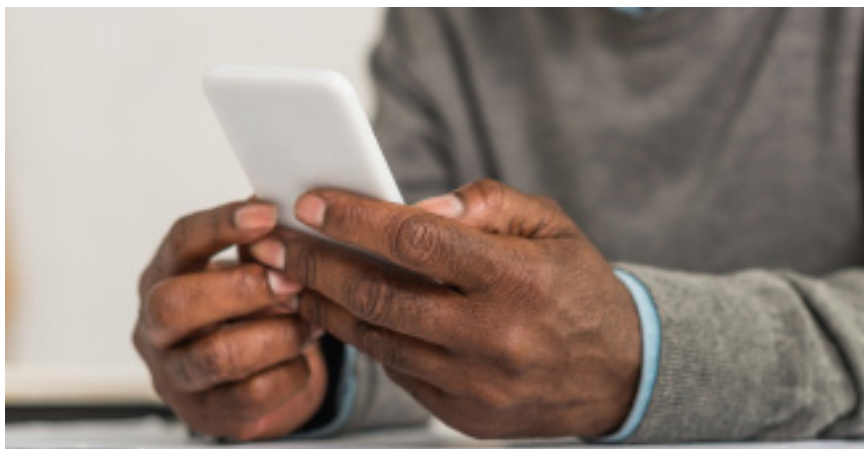
- A list of your medicines, including over-the-counter medicines, vitamins, and herbal supplements.

- 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, accommodations, 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 time is subject to change.
- **Do not eat any solid food after midnight.** This includes chewing gum, breath mints, or lozenges (cough drops).
- After midnight, up to 4 hours before your scheduled surgery time, you are allowed these 5 liquids **only if your doctor and preadmission nurse says it is okay:**
  - > Water
  - > Black coffee or tea (you may add sugar, but no milk, dairy products, honey, or creamers)
  - > Clear apple juice





- > Gatorade® (**any color except 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**

You will contact the hospital between 8 a.m. and 12 p.m., at **570-723-0230** the day before your surgery. A nurse will 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 at UPMC Wellsboro with any questions:**

**Monday through Friday:  
8 a.m. to 4 p.m.**

**Phone: 570-723-0445**  
**You may leave a message and someone will return your call.**

## 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.
- 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 your mask and connecting tubing on the day of your surgery if you are staying overnight.
- Bring any prescription eye drops and inhalers from home; all other prescriptions will be provided by the hospital pharmacy.
- Up to **2 support persons** may be with you on the day of your surgery.
- Free parking is available.
- When you arrive at the hospital, check in to the Same Day Surgery waiting room, and a staff member will escort you to pre-op and prepare you for surgery.
- You will talk with an anesthesia provider and meet your surgeon.
- 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.

## When You Arrive

- 1.** Enter the hospital through the Main Entrance on the 1st floor and follow the signs on the wall to Same Day Surgery on the 2nd floor.
- 2.** 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 room and will track your progress through your surgery.
- 3.** When your name is called, a staff member will take you to a private room where you will remove all clothing and undergarments and change into a gown.

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

**5.** 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 Post-Op. Your length of stay in Post-Op 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.



## Overnight Stay

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

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 **570-723-0155**.

## 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/WellsboroVisitors](https://www.upmc.com/WellsboroVisitors)**.



## Notes

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## **UPMC Wellsboro**

32-36 Central Ave.  
Wellsboro, PA 16901

**570-724-1631**

**[UPMC.com/Wellsboro](https://www.upmc.com/Wellsboro)**

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.