



A GUIDE TO

# Your Surgery

UPMC East Side  
Surgery Center



# 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 िनुनहोस। एक दनभाषया बोलाइनेछ। दनभाषया तपाईंलाई कन नै पनन लाितमा प्रदानरिएको छ।
Arabic	لغتك. وسيتم الاتصال بمترجم فوري. نقدم خدمه 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 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 sera 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](https://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://UPMC.com/DRC) or call 412-605-1483.



## 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.

Testing ordered by your surgeon must be done before you arrive for surgery. Check with your insurance provider about where your tests can be done. Lab testing may be scheduled within 45 days of your surgery.

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

## Before Your Surgery

### Preoperative Phone Call

You will receive a phone call from a preadmission nurse before your surgery. This call will take about 30 to 45 minutes. Please have all of the following information available:

- A list of all of your medicines, including over-the-counter medicines, vitamins, and herbal supplements
- The name and phone number of your pharmacy
- 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.)



### Important Things to Know

- Please note that your scheduled surgery time is subject to change.
- **Do not eat any solid food or drink any liquids after midnight.** This includes chewing gum, breath mints, or lozenges (cough drops).
- **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) soap or an antimicrobial soap (such as Dial®). You will receive more instructions before your surgery.

## Your Surgery and Arrival Time

We will contact you between 1 and 2 p.m. on the business 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 our office with any questions:

Monday through Friday:  
6 a.m. to 4 p.m.

Phone: 412-924-0054

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.
- **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, a case, and all your prescribed eye drops or ointments if you have any.
- Bring any inhalers from home.
- Bring any x-rays, slings, boots, ice packs, and/or crutches that have been provided to you from your surgeon's office.
- Free parking is also available.

## When You Arrive

1. Enter through the main entrance. Registration will help you check in.
2. When your name is called, a staff member will take you to the Preoperative Department.
3. A member of the care team will then take your vital signs and complete any other orders your surgeon has asked for.

4. 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.

5. Your support person(s) will be staying in the waiting area. A staff member will let them know when and where they will be able to see you.



## 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.

## 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.

## 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.



## **UPMC East Side Surgery Center**

5800 Centre Ave.  
Pittsburgh, PA 15206

**412-924-0054**

Monday through Friday: 6 a.m. to 4 p.m.

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.