



A GUIDE TO

Your Surgery



UPMC | **MEMORIAL**

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. As you prepare for your procedure, you may have questions. Do not be afraid to discuss any concerns or questions you may have before your surgery with your doctor or care team members. We promise to provide you with excellent care.



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.

- Please only take the medicines as instructed by your doctor and pre-admission nurse.
- Some medicines, vitamins, and herbal supplements should be stopped before surgery. Please check with your surgeon and prescribing doctor at least 1 week before surgery.
- 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.
- If you are having any type of sedation or anesthesia, you cannot drive a car and must have a responsible adult (at least 18 years old) take you home. If you are taking public transportation (such as the bus or UBER®), you must have a responsible adult accompany you as well. Please make sure you have a responsible adult staying at home with you after surgery for at least 24 hours.

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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. These tests may include blood work and an EKG (Electrocardiogram), a common test done to monitor your heart and used to detect heart problems. You may also be asked to schedule other tests (such as medical or cardiac clearance). Your surgeon may also recommend that you be evaluated at the Surgery Optimization Clinic. It is important that you complete all testing and appointments before surgery.

Please visit **UPMC.com/SCPALabs** and **UPMC.com/Imaging** to find places that you can go to complete your required testing. You may go to any UPMC outpatient lab for your testing before surgery.

About 1 Week Before Your Surgery

If you have not received instructions from your

surgeon on what medicines must be stopped before the surgery, please call them right away. Some medicines need to be stopped at least 1 week before surgery. The surgeon and the prescribing provider will need to give you these instructions.

You will receive a phone call from a pre-admission testing (PAT) nurse about 1 week before your surgery to get your medical history and a list of medicines you are currently taking. Please have the following information available for this important call:

- All of your medicines, including over-the-counter medicines, vitamins, and herbal preparations
- The name of your pharmacy
- A list of your allergies, including medicines, food, or latex, and your reactions to them
- Your medical history and past surgical experiences
- Any special needs (translators, accommodations, etc.)

Day Before Your Surgery

On the business day before your surgery, a PAT nurse will call you to tell you your surgery time, what time to come to the hospital, and all final instructions. The Pre-admission Department makes calls into the evening hours. **We will call you with your information.**

- The PAT nurse will tell you when to stop eating/drinking before surgery. Do not eat or drink after midnight unless otherwise told by the PAT nurse. This includes gum, mints, and lozenges.
- If your surgeon gave you special soap, please shower as directed by the surgeon's office. If you did not get special soap from the surgeon, please shower with antiseptic soap (such as Dial® or Safeguard®).
- Do not shave near the body area where the surgery will be performed. Shaving can cause skin irritation, which can lead to an infection.

- If your surgeon gave instructions on drinking a clear carbohydrate drink before surgery, the PAT nurse will remind you of when and how to drink the beverage.

Please contact the Pre-admission Department at **717-849-2350** Monday through Friday, 8 a.m. to 4:30 p.m. with any questions.

Leave a message and someone will return your call.

Day of Surgery

- Shower as usual the morning of surgery with antibacterial soap (such as Dial® or Safeguard®).
- Do not use makeup, lotion, powder, deodorant, or alcohol-based hair products (such as gel, hairspray).
- Remove all jewelry, including rings and all types of body piercings/dermals.
- Do not chew gum or eat hard candy the morning of surgery.
- You may brush your teeth the morning of surgery—please swish and spit; do not drink.
- Please leave all valuables at home.
- Leave all medicines at home except for prescription eye drops and inhalers.
- Wear clean, loose, and comfortable clothing and sturdy walking shoes.
- Leave suitcases, canes, and walkers in the car—they can be brought in once you have a room.
- Breastfeeding mothers should bring their own breast pumps to the hospital.
- What to bring to the hospital:
 - Insurance cards
 - Photo ID
 - CPAP machine, if applicable
 - Prescription eye drops and inhalers
- Do not wear contact lenses. Bring your glasses and a case.
- When you arrive at the hospital, a staff member will escort you to pre-op and prepare you for surgery.
- You will talk with an anesthesiologist and meet your surgeon.
- After you are ready, your support person(s) will 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.



After Surgery

- After your surgery is over, you will be taken to the Post-anesthesia Care Unit (PACU). How long you stay in the PACU depends on the type of surgery and anesthesia you received.
- Your nurse will check on you frequently and ask about your pain.
- If you are going home you will be taken to the outpatient discharge area. Your support person(s) will be notified at this time and will be able to rejoin you. 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.

Language Interpretation Services

You have access to interpretation services 24/7 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.

English: Do you speak [language]? We will provide an interpreter at no personal cost to you.

Albanian Shqip	Filisi shqip? Ne do t'ju sigurojm një përkthyes pa asnjë kosto personale për ju.	Apakah Anda berbicara bahasa Indonesia? Kami akan menyediakan penerjemah tanpa biaya apa pun untuk Anda.	Indonesian Bahasa Indonesia
Arabic اللغة العربية	هل تتحدث اللغة العربية؟ سوف نوفر لك مترجمًا فورًا بدون أي تكلفة عليك.	Parla italiano? Le forniremo gratuitamente un interprete.	Italian Italiano
Bosnian Bosanski	Da li govorite bosanski? Obezbedićemo Vam prevodioca besplatno.	한국어를 사용하십니까? 무료로 통역 서비스를 제공해 드리겠습니다.	Korean 한국어
Cambodian ភាសាខ្មែរ	តើអ្នកនិយាយភាសាខ្មែរដែរទេ? យើងខ្ញុំនឹងផ្តល់ជូនអ្នកបកប្រែភាសាដោយឥតគិតថ្លៃផ្តល់ជូនដល់អ្នក។	您讲国语吗? 我们将免费为您提供翻译。	Mandarin 中文
Cantonese 粵語	您講粵語嗎? 我們將免費為您提供翻譯。	तपाईं नेपाली बोल्नुहुन्छ? हामी तपाईंको लागि निःशुल्क रूपमा दोभाषा उपलब्ध गराउने छौं।	Nepali नेपाली
Croatian Hrvatski	Govorite li hrvatski jezik? Osigurat ćemo Vam prevoditelja besplatno.	Wenn du Deutsch schwetzschit, darefšcht du ebber griege, as aa Deitsch schwetzt un dich helfe kann mit die english Schprooch.	Pennsylvania Dutch Deitsch
Farsi فارسی	فارسی صحبت می کنید؟ یک مترجم شفاهی رایگان در اختیار شما قرار خواهیم داد. فارسی	Czy mówisz po polsku? Zapewnimy bezpłatną pomoc tłumacza.	Polish Polski
French Français	Parlez-vous français? Nous vous fournissons gratuitement un interprète.	Fala português? Vamos facultar-lhe um intérprete, sem custos para si.	Portuguese Português
French Creole Kreyòl Ayisyen	Èske ou pale Kreyòl Ayisyen? N ap ba ou yon entèprèt gratis.	Вы говорите по-русски? Мы абсолютно бесплатно предоставим вам переводчика.	Russian Русский
German Deutsch	Sprechen Sie Deutsch? Wir stellen Ihnen unentgeltlich einen Dolmetscher zur Verfügung.	Ma ku hadashaa Af Soomaali? Waxaan kuu helaynaa tarjumaan bilaa lacag ah.	Somali Af Soomaali
Gujarati ગુજરાતી	તમે ગુજરાતી બોલો છો? અમે ઇન્ટરપ્રીટર ફ્રી(વિથો) પુરો પાડીશું, જેનો ખર્ચ તમારે ઉપડવાનો રહેશે નહીં.	¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.	Spanish Español
Haitian Creole Kreyòl Ayisyen	Èske ou pale Kreyòl Ayisyen? N ap ba ou yon entèprèt gratis.	Je, unazungumza Kiswahili? Tutakupatia mkalimani bila gharama yoyote kwako.	Swahili Kiswahili
Hindi हिन्दी	क्या आप हिन्दी बोलते हैं? हम आपके लिए बिना किसी निजी लागत के एक दुभाषिया को उपलब्ध कराएंगे।	کیا آپ اردو بولتے ہیں؟ ہم بغیر آپ کے ذاتی لاگت کے آپ کے لئے ترجمان فراہم کریں گے۔	Urdu اردو
Hungarian Magyar	Beszél magyarul? Teljesen költségmentesen biztosítunk egy tolmácsot az Ön számára.	Quý vị nói được tiếng Việt không? Chúng tôi sẽ cung cấp một thông dịch viên miễn phí cho quý vị.	Vietnamese Tiếng Việt



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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, low vision, or 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 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** or call **412-605-1483**.



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 information, please visit: **[UPMC.com/services/south-central-pa/surgery/patients](https://www.upmc.com/services/south-central-pa/surgery/patients)**.

If your life has been impacted by a UPMC caregiver, please recognize them for their skill and compassion by sharing your health care story and words of thanks today at: **[UPMCPinnacleFoundation.org](https://www.upmcpinnaclefoundation.org)**.



Directions

UPMC Memorial
1701 Innovation Drive
York, PA 17408
717-843-8623

Parking: Free parking is available in front of the Main Entrance.

When You Arrive for Your Surgery:

- Enter the hospital through the entrance labeled “A”.
- Report to the information desk where you will get directions to the Patient Registration department on the 1st floor.
- After you complete your registration, you will go to the Surgical Waiting Room on the 2nd floor.
- Please sign in when you arrive in the Surgical Waiting Room.
- Your support person(s) will be given an assigned ID number. This ID number will be displayed on the tracking board in the waiting room and will track your progress throughout your surgery.

Hospital Arrival Checklist

Report to: _____

Arrival time: _____ a.m. or _____ p.m.

Nothing to eat or drink after: _____ a.m. or _____ p.m.

Other instructions: _____

Medicines: _____

Bring a list of medicines that you take to hospital. Please take the following medicines the morning of your surgery with a small sip of water:

Do **not** take the following medicines the morning of your surgery:

Notes

Notes



UPMC Memorial

1701 Innovation Drive

York, PA 17408

717-843-8623

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, 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.

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