

UPMC South Surgery Center Patient Guide

UPMC South Hills, Suite LLA, 1300 Oxford Drive, Bethel Park, PA 15102

Information for Patients

Welcome to UPMC South Surgery Center, where you will find ample free parking.

Please read this information to learn about our center and our surgery process.

Pre-testing

If your surgeon ordered pre-testing, it must be completed in advance, at your primary doctor's office or by calling 1-866-804-5276.

If your pre-testing was done by your doctor's office, arrange for all results to be received at the Surgery Center 72 hours before surgery. Results may be faxed to 412-851-0216.

Before your surgery or procedure

A nurse from the Surgery Center will phone you before your surgery or procedure. The nurse will ask you questions about your medical and surgical history and give you instructions. You can ask any questions you may have.

The day before your surgery or procedure, we will call you with your exact arrival time. You may be told to arrive at the Surgery Center 60 to 90 minutes before your scheduled surgery time. If we cannot reach you, or if you do not receive a call by 4 p.m. the day before your surgery or procedure, call the Surgery Center at **412-851-8600**.

What to do the day before surgery

- Arrange for someone to drive you home when you are discharged. **You will not be allowed to drive if you have had any sedation. We will ask your driver to wait at the Surgery Center.**
- Tell the pre-op nurse if you cannot arrange for a driver. You may go home by taxi if you have a responsible person to accompany you.
- Arrange for a responsible adult to be available to you for 24 hours after discharge in case you need help.
- **Unless otherwise instructed, you may eat solid food until midnight. You may have clear liquids (no coffee) until 4 hours before your arrival time. At 4 hours before arrival time, begin complete fasting. This also includes no mints, gum, or lozenges.**
- If a bowel prep was ordered, follow the instructions to complete your prep.
- Do not drink alcoholic beverages for 24 hours before or after surgery.
- After midnight, you may take your medicines with small sips of water, unless instructed otherwise. Take your heart and blood pressure medicine.
- Bathe or shower. Remove makeup.
- Follow special instructions of your doctor.
- Call your surgeon if you develop a fever, cough, cold, or flu-like symptoms.

- Wear comfortable, loose-fitting clothes and comfortable slip-on shoes. For knee surgery, wear shorts, if weather permits.
- Leave contact lenses, all jewelry (including piercings and body jewelry), and other valuables at home.

What to bring on the day of surgery

Bring these items on the day of surgery:

- your driver's license or photo ID and insurance cards
- all papers and instructions from your surgeon
- a list of the prescription medicines you are taking
- a list of your allergies
- if you are under age 18, a parent or legal guardian
- if applicable, crutches or a walker if you have them

The day of surgery

When you arrive at the Surgery Center, register at the reception desk. You will be escorted to a bed with privacy curtains and asked to change to a patient gown. A nurse will review your medical history with you and take your vital signs. An anesthesiologist will discuss your anesthesia with you.

A family member or other companion may sit with you when possible. During the procedure, this person can relax in the Surgery Center's waiting area. From admission to discharge usually takes 2 to 5 hours.

After the procedure, you will be taken to the post-anesthesia care unit. How long you stay in this unit depends on the type of procedure and anesthesia you received.

When you awaken, you may be receiving oxygen. Monitors will be recording your heart rate and blood pressure. The nurses will check your condition often. If you are uncomfortable, ask the nurse for medicine to reduce the discomfort. Minor nausea is common after anesthesia.

When medically appropriate, we will discharge you to home. Because we are a free-standing surgery center, we cannot keep you longer than medically necessary. A nurse will give you exact instructions about what you should do on the days following your surgery.

After you go home

After your discharge, call your surgeon immediately if you have any difficulties or questions. For an emergency, call your surgeon or go to the nearest hospital emergency room. If you have any questions, please call the Surgery Center at **412-851-8600**.

Scheduled day of surgery:

Scheduled time of surgery:
(write in when the nurse calls)

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This information is not intended to be used as a substitute for professional medical advice, diagnosis, or treatment. You should not rely entirely on this information for your health care needs. Ask your own doctor or health care provider any specific medical questions that you have.

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For help in finding a doctor or health service that suits your needs, call the UPMC Referral Service at 412-647-UPMC (8762) or 1-800-533-UPMC (8762). Select option 1.