



# **A Guide to Your Surgery**



# **A Guide to Your Surgery at UPMC Horizon**

Welcome to UPMC Horizon and thank you for choosing our hospital to provide your health care services. Our care revolves around our values:

## **Quality & Safety**

We create a safe environment where quality is our guiding principle.

## **Dignity & Respect**

We treat all individuals with dignity and respect.

## **Caring & Listening**

We listen to and care for our patients, our health plan members, our fellow employees, our physicians, and our community.

## **Responsibility & Integrity**

We perform our work with the highest levels of responsibility and integrity.

## **Excellence & Innovation**

We think creatively and build excellence into everything that we do.

## **Important Patient Information**

For your health and safety, please follow the instructions below. Failure to comply may result in having your surgery cancelled or postponed.

- Please only take the medicines as instructed by your doctor and preadmission nurse.
- Some medicines, vitamins, and herbal supplements should be discontinued before surgery. Please check with your surgeon or primary care doctor (PCP) before surgery.
- Notify your surgeon's office for any symptoms of a cold, fever, or infection, or if you have any changes in the level of your pain, numbness, or sensitivity.
- Remember to bring your x-ray/CT/MRI films the day of your surgical procedure if instructed to do so.
- If you are having any type of sedation or anesthesia, you cannot drive a car and must have a responsible adult accompany you home. You must have someone stay with you for 24 hours after your surgery.

## **Testing Before Surgery**

It is in your best interest to have all testing completed immediately following the scheduling of your surgery. If your surgeon requests that you have any testing, such as blood work, an EKG, or a chest x-ray, please come to UPMC Horizon Outpatient Center.

**UPMC Horizon Outpatient Center:**

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

**Saturday: 6 a.m. to Noon**

**Greenville Campus: 724-589-6674**

**Shenango Valley Campus: 724-983-8862**

## **Pre-Evaluation**

You will receive a telephone call from a UPMC Horizon preadmission nurse before your surgery. Please have the following information available for reference:

- A list of all your medicines, including over-the-counter medicines, vitamins, and herbal preparations.
- A list of allergies, including medicines, food, or latex.
- A list of your medical history and past surgery experiences.
- The name and telephone number of your PCP and cardiologist.

Please contact the preoperative testing department with any questions about getting ready for surgery.

**Monday through Friday: 8 a.m. to 6:30 p.m.**

**Shenango Valley Campus: 724-983-8860**



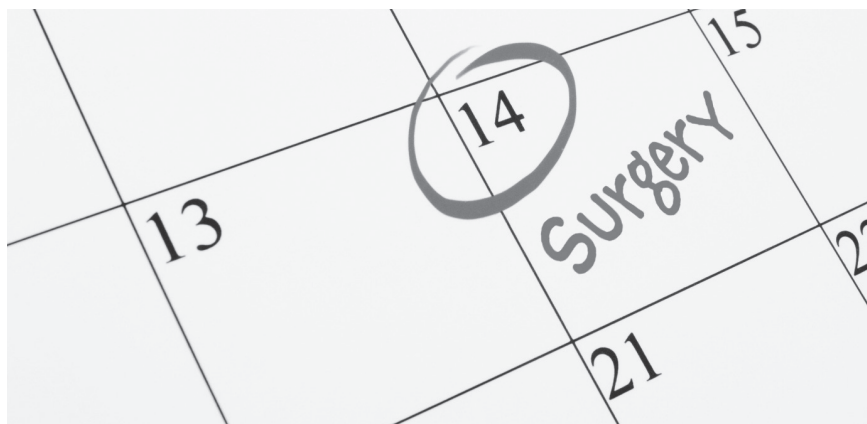
## Day Before Your Surgery

- Do not eat or drink after midnight. This includes chewing gum, breath mints, and water. Depending on your procedure, you may be allowed to drink clear liquids. Your nurse will let you know if your procedure allows this.
- Do not smoke or chew tobacco 24 hours before surgery.
- Remove nail polish. You may be asked to remove artificial nails.
- Do not use hair spray or hair gel 24 hours before surgery.
- Avoid alcoholic beverages 24 hours before surgery.
- Be sure to follow any home preparation prescriptions, such as bowel preparations or an antimicrobial cleansing.

The short procedure unit will call you the working day before your scheduled surgery to let you know your expected arrival time.

Please note that your scheduled surgery time is subject to change.

**UPMC Horizon - Shenango Valley: 724-983-7588**



## **Day of Your Surgery**

- Bring an updated list of medicines with you.
- Bring your health insurance card and photo ID.
- Leave all valuables at home.
- Wear comfortable clothing that is loose fitting and easy to remove.
- Do not use any lotions, perfumes, deodorant, makeup, powder, hair products, or aftershave.
- Do not wear jewelry, including rings. Remove all body piercings. If you have a skin piercing, please inform your surgeon to see if removal is necessary before your surgery date.
- Do not wear contact lenses. Bring your glasses and a case.
- 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 have a pacemaker, please bring a copy of your card.
- Bring any inhalers from home; all other prescriptions will be provided by the hospital pharmacy.



**UPMC Horizon - Shenango Valley**

2200 Memorial Drive  
Farrell, PA 16121

**724-981-3500**

**UPMCHorizon.com**

**Please write in the date and time of the following:**

**UPMC Horizon Outpatient Center Visit:** \_\_\_\_\_

**Center for Perioperative Care (CPC) Visit:** \_\_\_\_\_

**You will receive a call from UPMC Horizon staff  
telling you the following:**

**Date of Surgery:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

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.