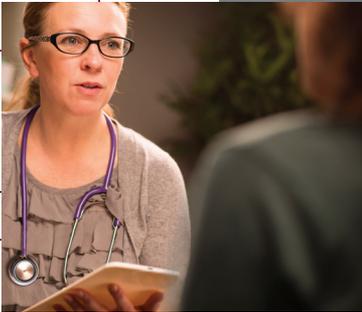


UPMC Northwest



A Guide to Your Surgery

Your Care. Our Commitment.

A Guide to Your Surgery at UPMC Northwest

Welcome to UPMC Northwest and thank you for choosing our hospital for your health care needs. Your 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 fellow employees, our physicians, our patients, our members, 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.

We strive to provide you with the world-class health care that you deserve.

Important Patient 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 preadmission nurse.
- A nurse from the Ambulatory Care Center may call you up to 3 days before your scheduled surgery to begin your health history assessment and talk about important pre-op instructions.
- If you are having any type of sedation or anesthesia for your surgery, you cannot drive a car and must have a licensed driver drive you home.
- We suggest that you make sure a responsible adult is with you during the first 24 hours after your surgery. Your surgery may be canceled if you cannot make these arrangements.
- If you are a minor, a parent or legal guardian must be with you when you arrive to the hospital. Parents or legal guardians must stay in the hospital until the minor is allowed to go home.

Testing Before Surgery

If your surgeon has requested you have testing (EKG/chest x-ray/blood work) done before your surgery please make sure to do it in a timely manner as this may result in the postponement or cancellation of your surgery. Pre-op testing must be done within 28 days before your surgery.

Pre-op testing can be done at UPMC Northwest or another facility of your choice. If you choose another facility to have pre-op testing, please make sure that they can send your results by fax to the Ambulatory Care Center at least 72 hours (3 days) before the day of your surgery. This is to make sure that you do not have to get tested again on the day of your surgery. The Ambulatory Care Center's fax number is **814-677-1571**.



Day Before Your Surgery

Do not eat or drink anything after midnight the night before your surgery. Do not eat or drink any solids or liquids, including water. Do not chew gum or eat hard candy, mints, or lozenges (cough drops).

- Do not drink alcoholic beverages 24 hours before surgery.
- Do not smoke or chew tobacco after midnight.
- Take a bath or shower the night before your surgery, making sure that you clean the area that is going to be operated on. Try to use an antibacterial soap, such as Dial®. Your doctor may give you antibacterial soap to use at home before your surgery. Staying clean helps stop infections after your surgery.
- Please call the Ambulatory Care Center at **814-676-7824** between 2 and 5 p.m. to get your arrival time. If your surgery is on a Monday, please call for your time on the Friday before. If your surgery is the day after a holiday, please call for your time on the last business day before the holiday.

- If you need to cancel your surgery, call your surgeon's office. The most common reasons a surgery is canceled are:
 - > There is a change in your physical condition, such as a cold or flu.
 - > You do not have a responsible adult to take you home after your surgery and/or to spend the next 24 hours with you.
 - > If you eat or drink after midnight the day before surgery.
 - > If you did not stop taking your blood thinner medicine, such as Coumadin[®], Aspirin, or Plavix[®]. Your doctor will tell you when to stop taking these.
- If you have a cold, cough, fever, or experience any other change in your health, let your surgeon know right away.



Day of Your Surgery

- It is okay to take a bath or shower and brush your teeth, but do not swallow any water.
- Bring an updated list of medicines with you.
- Take medicines only as instructed.
- Leave all valuables at home (jewelry, credit cards, large amounts of cash, etc.).
- Wear comfortable, loose-fitting clothing and flat shoes that are easy to remove.
- Do not use any lotions, perfumes, deodorant, powder, hair products, or aftershave.
- Do not wear jewelry, including rings.
- Do not wear contact lenses. Bring your glasses and a case.

When You Arrive

- Arrive at the main lobby of the hospital and go to the Ambulatory Care Center registration desk.
- Your family will get a pager and be shown to the surgical waiting room.
- You will be taken to your room to be prepared for your surgery.
- You will be asked to put on a hospital gown and slippers. Your nurse will ask you questions about your general health and finish your assessment.
- The nurse will let your family join you in your room and stay with you until it is time for your surgery, as soon as possible.
- You will see your surgeon and an anesthesiologist who will explain the details of the surgery and anesthesia, including the risks and benefits. They may talk about post-op nausea and pain control. Please ask any questions you may have about your surgery and anesthesia at this time.

The Surgery

- You will be taken to the operating room and cared for by specially trained staff.
- Family members will be able to see your progress on the electronic tracking board.
- The ambulatory staff are always available to answer any questions your family has.

After Surgery

Depending on the type of surgery and anesthesia you had, you may spend time in the Recovery Room before going back to the Ambulatory Care Center.

- Once you return to your room, you will be allowed to see your family. They are welcome to stay with you until it is time for you to leave the hospital.

- The doctor will give you specific instructions on how to care for yourself at home. The nurse will go over the discharge instructions with you and give you a printed version to take home with you.
- We will not send anyone home who is not ready to be released from the hospital, however it is possible you may be drowsy when you leave.
- The nursing staff will make sure it is safe to send you home based on your:
 - > Alertness
 - > Stable vital signs
 - > Ability to drink liquids
 - > Absence of a lot of nausea and pain
 - > Ability to urinate

When You Leave the Hospital

A nurse from the Ambulatory Care Center may call you a day or two after you leave the hospital to see how you are doing. This is a good time to ask questions and talk about any concerns you may have.

You may get a survey in the mail about your experience at UPMC Northwest. Please complete and return the survey as soon as possible, as we value your comments. Our patient's satisfaction is among our highest priorities. We value excellence in patient care and strive to ensure a compassionate, patient-centered environment.

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 Northwest

100 Fairfield Dr.
Seneca, PA 16346

814-676-7600

UPMCNorthwest.com

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.