

## **DIRECTIONS TO HARFORD MEMORIAL HOSPITAL**

### **FROM BALTIMORE:**

- \* I-95 North to exit 89 - Havre de Grace exiting onto 155 East.
- \* When 155 East dead ends, turn right onto Juniata Street.
- \* 2nd light, make a left onto Revolution Street.
- \* Next intersection, make a right onto South Union Avenue.
- \* Hospital is on left hand side.

### **FROM CECIL COUNTY:**

- \* I-95 South to exit 89 - Havre de Grace onto 155 East.
- \* When 155 East dead ends, turn right onto Juniata Street.
- \* 2nd light, make a left onto Revolution Street.
- \* Next intersection, make a right onto South Union Avenue.
- \* Hospital is on left hand side.
- \* Harford Memorial Hospital parking lot is adjacent to the main entrance of the hospital.

## **DIRECTIONS TO UPPER CHESAPEAKE MEDICAL CENTER**

### **FROM I-95 NORTH (EXIT #77B)**

- \* Take Route 24 North toward Bel Air.
- \* Go to the 7th traffic light and make left on MacPhail Road.
- \* Turn left on Upper Chesapeake Drive onto the campus.
- \* The hospital is on your right past the Medical Office Building.
- \* Drive past the Main Entrance to the parking garage.
- \* The Ambulatory Care Center entrance is adjacent to the parking garage. (Concierge services are provided at this entrance)

### **FROM ROUTE 1:**

- \* From Route 1 turn right onto Route 24 South to MacPhail Rd.
- \* Turn right on MacPhail Rd.
- \* Turn left on Upper Chesapeake Drive onto the campus.
- \* The hospital is on your right past the Medical Office Building.
- \* Drive past the Main Entrance to the parking garage.
- \* The Ambulatory Care Center entrance is adjacent to the parking garage. (Concierge service are provided at this entrance)



520 Upper Chesapeake Drive  
Bel Air, Maryland 21014

### **Upper Chesapeake Medical Center**

Pre-Surgical Testing  
443-643-3360

### **Harford Memorial Hospital**

Pre-Surgical Testing  
443-843-5358

PREPARING FOR  
YOUR SURGERY



[www.uchs.org](http://www.uchs.org)

## IMPORTANT INFORMATION TO HELP YOU

- Please bring your insurance card and a photo ID
- Wear loose fitting comfortable clothes, that will be easy to get on and off after your surgery.
- You will need to remove all jewelry/piercings prior to surgery. So, leave jewelry and other **valuables** at home if possible.
- If you have advanced directives, bring them with you the day of surgery. (If you would like information about advanced directives, contact your doctor or pre-surgical testing)
- If you are going home after surgery, you must have a competent adult with you to drive you home. Cab rides are not acceptable unless someone is with you.
- Do Not eat or drink anything after midnight the night before your surgery (unless you were given other instructions by your doctor)
- If you take blood pressure or heart medication, ask your doctor or call the nurse in pre-surgical testing to see if you should take this medication the morning of your surgery. Please see contact numbers on the back of the brochure.
- Please do not bring any valuables.

## WHAT CAN I DO TO HELP PREVENT SURGICAL SITE INFECTIONS?

**Remember: Hand washing** is the single most important thing you can do to prevent infections!

### **Before your surgery:**

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment.
- Quit smoking. Patients who smoke get more infections. Talk to your doctor about how you can quit before your surgery.
- Do not shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

## WHAT TIME SHOULD I ARRIVE?

**Upper Chesapeake Medical Center patients:** Come to the hospital 2 hours prior to your scheduled surgery. (Patients scheduled for 7:30 am surgery should arrive at 6:00 am.) On arrival to the hospital, proceed to the Ambulatory Care Center (ACC), surgical pavilion. The main entrance to the ACC is located across from the parking garage. The pre-op waiting room and surgical registration is on the 1st floor, straight ahead as you enter the ACC building.

**Harford Memorial Hospital patients:** Come to the hospital 2 hours prior to your scheduled surgery. (Patients scheduled for 7:30 am surgery should arrive at 6:00 am.) On arrival to the hospital, enter via the main lobby. You will report to registration on the right.

If more tests or blood work are needed prior to surgery, they will be done at this time. Once you have completed your check-in, the nurse will take you to a pre-op room and your family may accompany you to the pre-op area.

## WHAT SHOULD I EXPECT IN PRE-OP?

You will be asked to remove all your jewelry (including all body jewelry), contacts and dentures, and put on a hospital gown. You will place your belongings and clothes in a bag that will be labeled with your name and patient number. Your belongings can be taken by your family. Please do not bring valuables with you to the hospital on the day of surgery.

A physical assessment will be taken by your nurse. She will be asking you questions to complete the computer database and will need the information from the lists you prepared prior to your surgery.

An IV will be started by the nurse or pre-op tech. The anesthesiologist and surgeon will talk with you in the pre-op area prior to your surgery. You may ask any questions or discuss concerns with them at this time.

Please remember that Emergency surgeries can sometimes change the surgery schedule. We make every effort to adhere to your schedule time. If your surgery time should need to be changed, we will keep you informed and updated as best we can.

## TALKING TO THE SURGEON AFTER SURGERY

The surgeon will come out to the waiting room when your surgery is over. Family members should try to stay in the waiting room area so they do not miss talking with the surgeon.

## WHERE WILL I GO WHEN MY SURGERY IS OVER?

When your surgery is completed, you will be transported to the Post Anesthesia Care Unit (PACU) for recovery. You may or may not be awake when you arrive in the PACU. Oxygen may be applied until you are fully awake. Your nurse will place you on cardiac, blood pressure, and oxygen monitors. These will remain on until you are more awake.

## HOW WILL MY PAIN BE MANAGED?

As you start to wake up in the PACU, your nurse will assess any pain you are having. Your nurse will ask you to rate your pain level on a scale of 0-10 (0 being no pain and 10 being the worst pain you can imagine). Pain medication will be given by your nurse based on this pain rating.

## CAN I HAVE VISITORS IN THE PACU?

### **Harford Memorial Hospital**

After your procedure you will be taken to the PACU, those patients not being admitted to the hospital will go to the Same Day Surgery department on the second floor, where family visitation will take place.

### **Upper Chesapeake Medical Center**

When you are awake and your pain is under control, your nurse will assess if you can receive visitors. When visiting in the PACU, a maximum of 2 people will be allowed at your bedside. The length of the visit may be only 5 minutes. No children under the age of 12 are allowed to visit in the PACU. The nurse, tech or volunteer will escort visitors in and out of the PACU.

Please remember the following guidelines while in the UCMC PACU:

- Be quiet at the patient's bedside as other patients are also waking up from surgery.
- Please keep conversations short as your family member is trying to rest.
- Cell phones need to be turned off while in the PACU.
- No food or drink in the PACU.
- If you are going home after your surgery, your nurse will give you and your family member or significant other discharge instructions.
- If you are being admitted to a hospital room after your surgery, you will need to stay in the PACU, until you are awake, your pain level is manageable, and your room is assigned and ready.
- There are times when we must keep patients in the PACU until a room becomes available.

## WHEN WILL I BE READY TO GO HOME?

You will be ready to go home when you are awake, your pain is under control, and discharge instructions have been given and understood. Your IV will be removed by the nurse and you will be taken to your car by wheelchair. Only patients given local