

## DIRECTIONS AND PARKING

### University of Maryland Harford Memorial Hospital

#### Directions

- 95 to exit 89, Rt. 155 east toward Havre de Grace
- In approximately 1.8 miles turn right onto Juniata Street
- At the second traffic light turn left onto Revolution Street
- Turn right onto S. Union Avenue
- There is a parking garage across the street from the hospital as well as available street parking

### University of Maryland Upper Chesapeake Medical Center/ Klein Ambulatory Care Center

#### Directions

- 95 to exit 77B, Rt. 24 north
- In approximately 5 miles turn left onto W. MacPhail Road
- Make an immediate left onto the hospital campus
- Drive past the main hospital; the Ambulatory Care Center is adjacent to the parking garage
- Convenient parking is located in the garage in Pavilion II and the first 90 minutes are free



**University of Maryland**  
**Upper Chesapeake Medical Center**  
500 Upper Chesapeake Drive  
Bel Air, MD 21014  
Pre-Surgical Testing 443-643-3660

**University of Maryland**  
**Harford Memorial Hospital**  
501 South Union Avenue  
Havre de Grace, MD 21078  
Pre-Surgical Testing 443-843-5358



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## IMPORTANT INFORMATION TO HELP YOU

- Please bring your insurance card, a photo ID and a list of your current medications.
- 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. Leave jewelry and other valuables at home if possible.
- If you have advance directives, bring them with you the day of surgery. (If you would like information about advance directives, contact your doctor or pre-surgical testing).
- If you are going home after surgery, you must have a responsible adult over the age of 18 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 the area of your surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

## WHAT TIME SHOULD I ARRIVE?

### **University of Maryland Upper Chesapeake Medical Center**

**patients:** Come to the hospital 2 hours prior to your scheduled surgery. (Patients should not arrive prior to 5:30 am.) On arrival to the hospital, proceed to the Klein Ambulatory Care Center (ACC) surgical pavilion. The main entrance to the Klein ACC is located across from the parking garage. The pre-op waiting room and surgical registration are on the first floor, straight ahead as you enter the Klein ACC building.

### **University of Maryland Harford Memorial Hospital patients:**

Come to the hospital 2 hours prior to your scheduled surgery. (Patients should not arrive prior to 6:00 am.) Upon 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 or placed in a locker until after your surgery. 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 (i.e., list of current medications, list of other medical problems). 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 scheduled 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 heart, 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 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?

### **University of Maryland Harford Memorial Hospital**

After your procedure you will be taken to the PACU where family visitation will take place.

### **University of Maryland 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 nurse, tech or volunteer will escort visitors in and out of the PACU.

## WHEN WILL I BE READY TO GO HOME?

If you are going home after your surgery, your nurse will give you and your family member or significant other discharge instructions. 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 anesthesia may drive themselves home, otherwise a responsible adult over the age of 18 will need to drive you home.

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. Beds may not be available until later in the day. You will remain in the PACU, until a room is ready, where we will order you a meal tray and keep you comfortable.