



PREPARING FOR DISCHARGE

Following your procedure, your family or companion will be asked to join you in the recovery area. A nurse will teach you and your companions how to care for yourself following surgery. You will be given written instructions to take home. These instructions will help to answer questions that may arise after discharge.

You are scheduled to have a surgical procedure on

The surgeon performing this procedure is

DRIVING DIRECTIONS TO THE SURGERY CENTER AT PENN MEDICINE UNIVERSITY CITY

Penn Medicine University City is conveniently located on Market Street, just 8 blocks from 30th Street Station.

From the North:

Take I-95 south to the I-676/Central Philadelphia exit. Then take I-676 West (through Central Philadelphia) to the exit for I-76 East/International Airport. Merge right immediately, and then take Exit #39 (30th Street Station). At the top of the exit ramp, bear right, then follow the curve to the left around 30th Street Station. Proceed on Market Street for eight blocks to 38th Street. Penn Medicine University City will be on your right. Patient drop-off/pick-up is located at the front entrance of Penn Medicine University City on 38th Street.

From the West:

Take the Pennsylvania Turnpike to Exit 326 (old exit 24), Valley Forge. Follow I-76 East to the 30th Street Exit. At the top of the exit ramp, bear right and then follow the curve to the left around 30th Street Station. Make right turn onto Market Street. Proceed on Market Street for eight blocks to 38th Street. Turn right onto 38th Street. Penn Medicine University City will be on your right. Patient drop-off/pick-up is located at the front entrance of Penn Medicine University City on 38th Street.

From the South:

Take I-95 North past the Philadelphia International Airport. Take Exit 13 (I-76 West) to Central Philadelphia. Follow all signs for Central Philadelphia and I-76 West. After crossing the Platt Bridge, proceed about a mile to a traffic light and turn left (continuing to follow signs for I-76 West). Continue on I-76 West past University Avenue exit and take Exit #39 (30th Street Station). Make a left onto Market Street. Proceed on Market Street for eight blocks to 38th Street. Patient drop-off/pick-up is located at the front entrance of Penn Medicine University City on 38th Street.

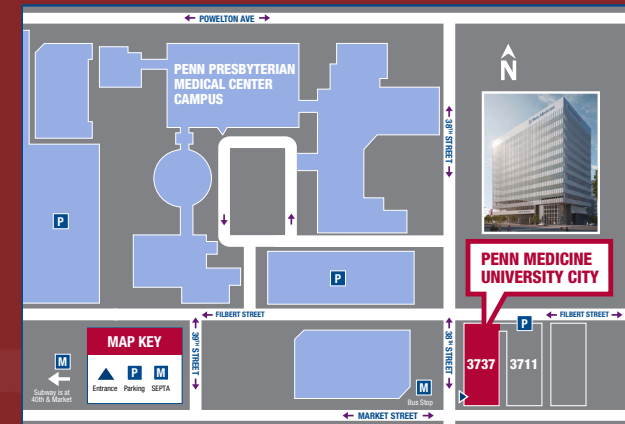
From New Jersey:

Take the New Jersey Turnpike to Exit 3, then the Black Horse Pike (Rte. 168 North) for one mile to I-295 South. Go one mile to Exit 26, I-76 West to the Walt Whitman Bridge. Cross the Bridge onto I-76 West (Schuylkill Expressway) and follow I-76 West to Exit #39 (30th Street Station). At the top of the exit ramp, cross Chestnut Street and continue for one block to Market Street. Make a left onto Market Street. Proceed on Market Street for eight blocks to 38th Street. Patient drop-off/pick-up is located at the front entrance of Penn Medicine University City on 38th Street.

THE SURGERY CENTER

Penn Medicine University City

3737 Market Street, 5th Floor • Philadelphia, PA 19104



PARKING

Parking is available in the 3737/3711 Market Street garage; entrance to garage is from Filbert Street. Penn Medicine patients should park in the 3737/3711 parking garage, on floors 3, 4, or 5 to access the shuttle elevators that connect internally to the ground floor patient lobby in the 3737 building.

Patient drop-off/pick-up is located at the front entrance of Penn Medicine University City on 38th Street.

Penn Medicine University City is easily accessible by public transportation (SEPTA).

Additional information can be found at PennMedicine.org/UniversityCity.

The Surgery Center is located on the fifth floor of Penn Medicine University City.



Penn Medicine

800.789.PENN PennMedicine.org



Penn Medicine



THE SURGERY CENTER

Penn Medicine University City

3737 Market Street • Philadelphia, PA 19104

Pre-Operative
Patient
Instructions



THE SURGERY CENTER PENN MEDICINE UNIVERSITY CITY

You are scheduled for outpatient surgery at the Surgery Center, located in Penn Medicine University City. This means you will have a surgical procedure and go home the same day. This state-of-the-art facility was specially designed to meet the unique needs of our patients. We are committed to providing quality patient care in an environment that is supportive to you and your family's needs.

Our goal is to provide our patients with quality outpatient surgical care in a safe, friendly environment. We will strive to make your surgical experience a positive one for both you and your family. Please read this brochure prior to your surgery to help you prepare.

Please be aware that failure to follow pre-operative instructions may cause your surgery to be cancelled.

PRIOR TO YOUR SURGERY

You will receive an auto-mated telephone message between 2 pm and 3 pm one **business day** prior to your surgery. If your surgery is scheduled on a Monday, then you will receive your phone call on the Friday before your procedure. During this phone call, you will be given information regarding what time to arrive on the day of surgery. If you do not receive a call by 3 pm one working day prior to your procedure, please call 215.294.9400.



Some patients are asked to arrive for their surgery as early as 6 am while others may be asked to arrive in the early afternoon. Arrival times are not available until the afternoon before your surgery.

PREPARATION

- You are scheduled to go home the same day as your surgery and must have a responsible adult to accompany you home.
- You will not be permitted to drive if you had any sedation.
- The driver of a bus, cab, or paratransit cannot be considered your responsible adult.
- Your procedure may be cancelled if you do not have a responsible adult to take you home.

WHAT CAN I EAT OR DRINK?

- Do not *eat* anything after midnight the day before your surgery. This includes food, candy, mints or gum after midnight the day before surgery.
- Do not *drink* anything *except* water after midnight the day before surgery.
 - You may drink **ONLY** water after midnight the day before surgery. **STOP** drinking water 2 hours before your arrival time at the hospital. For example, if you are told to arrive at 8am, you may drink water up until 6am.
 - You may brush your teeth.
- Do not smoke after midnight the day before surgery.



MEDICATIONS

- Review your list of medications with your family doctor and surgeon *before surgery*.
- You may take Tylenol or any acetaminophen-containing products the day of surgery.
- If you use an asthma inhaler, bring it with you the day of surgery.
- If you take seizure medications, take it the morning of the surgery with a sip of water.
- If you take pain or anxiety medications every day, take it as normally scheduled the day of surgery.

THE DAY OF SURGERY

- You will need to bring your insurance and prescription cards as well as a picture ID. Please remember, any out of pocket expenses such as co-pays, co-insurances or deductibles are expected to be paid prior to your procedure.
- We offer patients the ability to have their post-prescriptions filled while they are in surgery to avoid having to stop at a local pharmacy after discharge. Patients who are interested in this service are responsible for payment prior to discharge. Only credit or debit can be used to pay for prescriptions in the The Surgery Center at Penn Medicine University City.
- You should know what your insurance covers prior to arrival. If you have any questions regarding financial matters, please contact our Patient Financial Services Office at 215.662.8970.
- Patients with a living will and/or advance directive should bring a copy to be placed with their medical record.
- *Please bring x-rays, MRI or CAT scan films with you as requested by your surgeon.*
- Take a shower with anti-bacterial soap the night before your surgery.
- Please pack lightly and wear loose, comfortable clothing. If you are having surgery on a shoulder, hand, or arm, please bring a button-down shirt.
- Do not wear make-up, cologne, perfume, or lotions.



- Leave valuables such as a cell phone or jewelry at home. You will be asked to remove all jewelry, including a wedding band or body piercings, prior to surgery. Dentures, contact lenses, and glasses will be removed just prior to the procedure if necessary.



- The Surgery Center at Penn Medicine University City will not be responsible for the loss or damage to any personal property.
- We ask that patients use caution in carrying money and credit cards. If your insurance requires a co-pay or deductible and/or you want to have your prescriptions filled while you are in surgery, you should plan to leave your wallet with the adult who accompanies you.

ARRIVING ON THE DAY OF YOUR PROCEDURE

You will be asked to arrive at The Surgery Center at Penn Medicine University City prior to your scheduled surgery time so that we may prepare you for your surgery. A family member or companion is welcome to stay with you during the registration process or relax in the waiting lounge. Our staff will explain to you and your companion what to expect during your stay with us.

We encourage all families and companions who will accompany the patient home upon discharge to remain on the premises during the patient's procedure. The lounge has wireless computer access and HD TV for your convenience. We strive to keep an on-time schedule. However, circumstances may arise that will sometimes cause us to have an unavoidable delay.

After your procedure, you will be taken to the recovery room. Patients respond differently to surgery, so the length of stay in this area will vary depending upon your procedure and the type of anesthesia you have received. Discomfort and nausea are not uncommon after procedures. You will be frequently asked about your pain level and the nursing staff will provide you with comfort measures as needed. The nursing staff will offer you some light nourishment such as water, juice or crackers when suitable. At this time, we will begin preparing you for your discharge home.