Welcome
The doctors and staff of UK Surgical Services would like to welcome you, your family and friends to UK HealthCare. At UK HealthCare, we offer access to more than 600 doctors from 80 services. Our goal is to provide “Very Good” care throughout your experience. We have a team approach to surgery, and you are an important part of our team. Surgeons, surgical nurses, anesthesiologists, dieticians, social workers, pharmacists and others will work with you to decide the best plan of care. We understand surgery is a stressful time. This packet of information will assist you throughout your surgical experience, to help you become comfortable with UK HealthCare and the surgical process. This information provides an overview answering many of your questions; however, if you have further questions, please ask your doctor or nurse.

Preoperative Anesthesia Clinic
Your doctor may ask you to go to the Preoperative Anesthesia Clinic before your surgery. This visit allows us to evaluate your overall health and reduce the chance of delays or cancellation on the day of surgery.

Please bring a complete list of the medications you currently take. Bring any recent test reports you may have, including blood work, EKG, x-rays.

Bring the results of any recent heart evaluation, including doctor’s notes and test reports.

If you are not scheduled for a Preoperative Anesthesia Clinic visit, a nurse will call you to go over your health history and give you information about your surgery. It is very important you speak to a nurse prior to your surgery.

The Preoperative Anesthesia Clinic is located on the second floor of the Kentucky Clinic. We are open Monday–Friday from 8:00 am to 4:30 pm. A clinic representative can be reached at 859-323-6950. Parking is available in the Kentucky Clinic or hospital parking garages.

The Day Before Surgery
You will receive a phone call from the nurse telling you what time you need to arrive at the hospital for surgery. If you miss the call, please call one of the following numbers (depending on where your surgery is scheduled):

**UK Chandler Hospital**
859-323-4649 or 1-800-333-6450

**Center for Advanced Surgery**
859-323-5849 or 1-800-898-7644
The Day of Surgery

- Arrive on time to avoid delays or cancellation.
- Park in the hospital garage located on Limestone Street. There is a shuttle service from the garage to the hospital front loop.
- If you are scheduled for surgery at UK Chandler Hospital, you should go to the registration desk on the first floor of the hospital.
- If you are scheduled for surgery at the Center for Advanced Surgery, you should go to the third floor of the Gill Building.
- Registration staff will take your insurance information and confirm your name, birthday, address and other information.

When You Arrive

After you have registered, you will be taken to the holding room where nurses will get you ready for surgery. Visitors are limited in the holding room. Nurses will:

- Allow you to change into a hospital gown.
- Check your arm band for your name and birthday. Your arm band will be checked many times throughout your stay at UK to ensure your safety.
- Go over your health history.
- Review your medicines and allergies.
- Check your temperature, blood pressure, heart rate, height and weight.
- Start an IV.
- Tell you what to expect during your stay at the hospital.

During Surgery

Your family and friends will be directed to the surgery lobby where they will receive regular updates during your surgery. Your doctor will talk to them after your surgery. A clerk is available to assist family and visitors. Space is limited, so please limit the number of people who come with you for your surgery.

After Surgery

You will be taken to a special area called the Post Anesthesia Care Unit, or PACU, where nurses will take care of you as you recover from surgery. Most patients will stay in the PACU approximately 1-2 hour. Some people might need to stay longer. During this time the doctors and nurses will:

- Keep your pain level as low as possible
- Help keep you from being sick to your stomach
- Make sure you are warm and comfortable
- Update you family on how you are doing
- The anesthesia doctor will decide when you can go home or to your room

If you are going home after your operation:
A nurse will give you and your family instructions on how to care for yourself when you go home. You will also be given written instructions. This information will tell you how to schedule a follow-up appointment and contact your surgeon.

If you are staying in the hospital after your surgery:
You will stay in the PACU until you are assigned a room. Your family and friends may visit you once you get to your hospital room.

Parents of children or caregivers of special needs patients may remain in the holding room for the entire time. They will be allowed in the PACU as soon as possible after the operation.

At Home

- Plan to go straight home to rest when you leave the hospital.
- Follow your doctors instructions about rest, what to eat, what you can and cannot do, which medications to take and when you may return to your normal activities.
- Be sure to keep your follow-up appointment with your doctor. You should be scheduled for a clinic appointment before you leave the hospital.
Special Reminders
If you take insulin or other medicine for diabetes, the doctor will tell you what dose to take before your surgery. This will probably be different from your normal dose. Please bring your insulin with you on the day of surgery. If you are taking a blood thinner (for example: Coumadin, Plavix, aspirin, etc.), please tell your surgeon and anesthesia doctor. You may take your normal heart, blood pressure, breathing, gastric reflux and seizure medication on the morning of surgery with a sip of water. Tell your surgeon if you think you are pregnant.

Operating Room Updates
It is important to protect your privacy when you are in the hospital. At UK HealthCare, we also want to make it easy for your family to find out how you are doing while you are in surgery. To do this, on the day of your surgery a nurse will ask you to choose a password and share it with just one family member or friend. This password will then be put on your chart. When your family member calls to check on your condition, he or she must give the password to the nurse. The nurse will look on your chart to make sure it is the correct password and then give the person information on your condition. If you have any questions about this process, please ask. Our mission is to give you the very best care, including protecting your privacy. Thank you for choosing UK HealthCare.

Feel Better Faster
We recommend that you take walks and do plenty of deep breathing to help you feel better more quickly after surgery. Walking and deep breathing help prevent blood clots and pneumonia and may help ease any muscle soreness.

Surgery Do’s
• Be sure to bring your current insurance card and a picture ID.
• Please bring copies of the following, if you have them: living will, health care surrogate, power of attorney or guardianship papers.
• Bring a responsible adult to drive you home (or ride with you in a taxi) if you are having outpatient surgery.
• Plan to have someone stay with you at home for 24 hours after your surgery.
• Bring a list of your current medicines, including how much you take and when you take it. Or, you can just bring the medicines (in their original containers) with you.
• Tell your doctor about any allergies you have to medicines or food.
• Wear comfortable, loose-fitting clothes and low-heeled shoes.
• Bring a case to store glasses, contact lenses or dentures during surgery.
• Pack an overnight bag including personal care items, such as a toothbrush and lotion, if you are staying in the hospital.
• Bring parent or guardian if you are younger than 18.
• Bring a favorite toy or blanket for children having surgery.

Surgery Don’ts
• Starting at midnight, don’t eat anything on the day of your surgery.
• Don’t drink anything after midnight (unless told otherwise) the day before your surgery.
• Don’t smoke, use smokeless tobacco, eat mints or chew gum after midnight the day before your surgery.
• Don’t drink alcohol 24 hours before your surgery.
• Don’t wear makeup, jewelry (including body piercing), or nail polish.
• Don’t bring money or valuables to the hospital.
• Don’t drive a motor vehicle for 24 hours after your surgery.
• Don’t make important decisions or sign any legal documents for 24 hours after your surgery.
• Don’t drink alcohol or take medication not prescribed by your doctor for 24 hours after your surgery.
Need to Cancel?
If you decide not to have surgery or if you need to cancel due to a fever, a breathing or viral illness, or a family emergency, please call your surgeon’s office and the Pre-Op Anesthesia Clinic at 859-257-1136 or 1-800-926-3531. If it is the day of surgery, call the location where you are scheduled to have your surgery: UK Chandler Hospital: 859-323-4649 or 1-800-333-6450 or Center for Advanced Surgery: 859-323-5849 or 1-800-898-7644.

For further information visit www.ukhealthcare.uky.edu or call UK Customer Service at 859-857-1000 or 800-333-8874.