

About Your Surgery



PennState Health
Milton S. Hershey
Medical Center

The information in this booklet will help you understand more about what to expect before, during, and after your surgery. We want to make you as comfortable as possible.

Thank you for choosing Penn State Health Milton S. Hershey Medical Center for your surgery.

Welcome

YOUR SURGERY DATE

YOUR SURGEON

YOUR EXPECTED LENGTH OF STAY

YOUR PREOPERATIVE APPOINTMENT

YOUR ANESTHESIA CLINIC APPOINTMENT

YOUR SURGERY SCHEDULING COORDINATOR

PHONE NUMBER

If you have questions, or are unable to keep any of your appointments, please call your surgery scheduling coordinator at the contact number listed above. If you are calling between 4:30 p.m. and 8:00 a.m., please call 717-531-8521 and ask to speak to the resident on-call for your surgeon.

Before Surgery

Admissions/Registration

You will receive a call from a member of our admissions/registration team a few days prior to your scheduled surgery date to confirm your surgery. You will be asked to provide personal and insurance information.

Financial Counselors

Our goal is to minimize financial concerns regarding your surgery. Financial counselors are available to assist you. If you need to speak with a financial counselor, call 717-531-5069 or 1-800-254-2619.

Preanesthesia Testing and Interview

To prepare you for surgery, an appointment with the Anesthesia Preoperative Evaluation Clinic may be required and will be scheduled by your surgery scheduling coordinator. Please allow two hours for this appointment. The Anesthesia Preoperative Evaluation Clinic is located in University Physician Center, Suite 1300. For directions and a campus map, visit PennStateHershey.org/directions.

This visit includes:

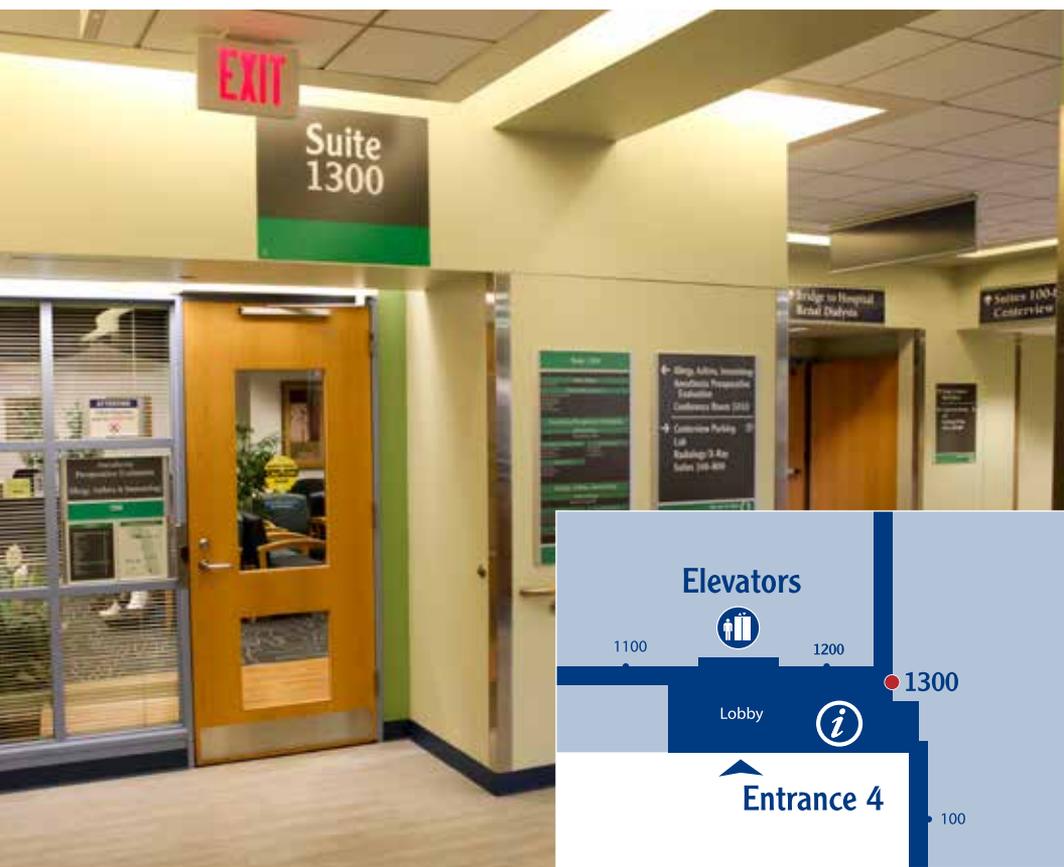
- a medical history review, physical examination, and anesthesia evaluation;
- preoperative blood tests and other diagnostic studies if required;
- answers to questions about your surgery, anesthesia, and the recovery period.

Please bring the following information with you to this appointment:

- name, address, and phone number of your family physician/specialist;
- insurance cards and insurance claim forms to process your registration information;
- a complete list of medications, including name, dosage, how often and time of day each medication is taken; please include insulin, inhalers, drops, herbal supplements, and over-the-counter medications;
- a complete list of past surgeries, dates, and any general anesthesia problems;
- reports for any cardiologist evaluation, echocardiogram, stress test, cardiac catheterization, or holter monitor within the last four years that were not performed at the Medical Center.

If after your Anesthesia Preoperative Evaluation Clinic visit you have questions about what medications you should stop taking and what medications you should continue taking, please call 717-531-6886.

BELOW: The Anesthesia Preoperative Evaluation Clinic is located in University Physician Center, Suite 1300.



Before Surgery

Medications to Stop Before Surgery

Certain medications can increase the risk of bleeding or other complications during anesthesia and surgery.

- For most surgeries, patients should stop taking aspirin seven days before surgery and should stop taking Plavix (Clopidogrel) five days before surgery. However, patients having carotid endarterectomy surgery and some vascular surgeries, as well as many patients with the recent placement of a coronary stent, are to continue taking these medications up to and on the day of surgery. **Please check with your surgeon or cardiologist.** Type of surgery and other medical problems determines whether or not these medications will be stopped.
- Ticlid (Ticlopidine) should be stopped two weeks before surgery.
- If you are currently taking Coumadin, Heparin, Lovenox, or Fragmin, discuss this with your surgeon and/or the provider that manages this medication (usually your family physician or specialist). Discontinuing the medication depends on your medical condition, surgery, and past medical history.
- Your surgeon may want you to stop taking anti-inflammatory medications also known as NSAIDS (Ibuprofen, Naproxen, Aleve, Advil, etc.) four days before surgery. Medications such as Celebrex may be continued until the day before surgery.
- For your safety, herbal medicines should be stopped one week before surgery. These may interact with anesthesia or lead to increased bleeding.
- Diabetic patients will receive individual instructions regarding oral diabetic medications and insulin during their Anesthesia Preoperative Evaluation Clinic visit.
- You should continue beta blockers, such as metoprolol (Toprol, Lopressor), atenolol (Tenormin), or propranolol (Inderal); blood pressure medications; and anti-reflux medications, such as omeprazole (Prilosec), ranitidine (Zantac), rabeprazole (Aciphex), or esomeprazole (Nexium) up to and on the day of surgery.
- You may continue taking narcotic medications or Tylenol for pain until you arrive to the hospital for surgery.
- All of your medications and instructions will be reviewed at your surgeon and/or anesthesia clinic appointments.

Common drugs containing aspirin should be avoided seven days before your surgery. These often have salicylic acid or salicylate listed in the ingredients.

- Aggrenox
- Alka Seltzer pain, cold, and flu preparations
- Aspirin (including chewable, low dose)
- Ascriptin
- Arthrotec
- Bayer Aspirin (Bayer products)
- BC Powder
- Bufferin
- Darvon compound
- Doan's pills
- Ecotrin
- Endodan
- Excedrin
- Fiorinal
- Fiorinal with codeine
- Norgesic
- Orphengesic
- Percodan
- St. John's Wort
- SOMA compound
- Synalogue DC capsules

Before Surgery

Please review the following information at least seven days before your scheduled surgery.

Adult Patients

- You will need to provide the name and contact information of a responsible adult who must accompany you home and help you at home as needed. **You will not be permitted to drive yourself.**
- Wear loose-fitting clothing.
- Bring a complete list of medications, including name, dosage, how often and time of day each medication is taken, and a list of any allergies.
- Bring your insurance cards and driver's license for the admissions process.
- If you have an advanced directive, bring a copy with you.
- Bring any forms, X-rays, or test results your doctor may have given you.
- If you wear glasses, contact lenses, or dentures, bring a case to store them.
- Do not wear make-up or hairspray.
- You may be asked to remove nailpolish (fingers and toes) on the day of surgery.
- Leave all jewelry at home, including any body piercing items.
- Do not bring valuables with you.
- If you use a CPAP machine, please bring it with you.

Patients Under Age 18

Children have special needs, and there are things you can do to help make your child more comfortable while in the hospital.

- A parent or guardian must accompany children under the age of 18.
- Depending on the unit, a parent or legal guardian is required to stay overnight with children under the age of 16.
- Plan to stay with your child before and after surgery.
- Bring any comfort items, such as a pacifier, stuffed animal, or blanket.
- Bring any special formula and medical equipment.
- Do not bring other children.
- You will be given specific information about when to stop food and drink before the surgery.

Day Before Surgery

One business day before your surgery, you will receive a phone call from one of our nurses between noon and 6:00 p.m. to confirm your arrival time and to ask you a few health-related questions.

If you do not receive a call from us by 4:00 p.m., please call 717-531-3838 or 1-800-243-1455 and ask to be transferred to extension 3838. If you reach our voicemail, please leave your name and phone numbers so we can return your call. Remember you are not to eat or drink anything after midnight the night before your surgery unless otherwise instructed.

Day of Surgery

Checking In for Surgery

Please plan to arrive between 90 minutes and 2-1/2 hours before your scheduled surgery to register and to check in. Some surgeries may require longer prep time. If that is true in your case, we will let you know. Valet parking is available at the Main Hospital entrance for a nominal fee and free to visitors with a disabled placard.

During this time, you will:

- sign admission forms;
- change for surgery;
- meet your anesthesia team and possibly your surgical team;
- review your health history; and
- have your intravenous line (IV) started so you can receive fluids or medications during your procedure.

We encourage you to bring a book or something else to help you pass the time before your surgery.

Getting Ready for Surgery

The surgery prep area has many patients who are getting ready for their procedures. In a private space, you will change into a surgical gown and remove your clothes, including all undergarments, and piercings and jewelry if still present. You will remove any glasses or dentures. Most females of child-bearing age will be required to provide a urine specimen. You can ask your anesthesia and surgical team any questions you may have before your procedure.

Your Support Person

Your family will be able to accompany you to the hospital; however, we request that only one or two support persons join you in the surgery prep area on the second floor. The rest of your family may wait in the surgical waiting room on the main floor located near the gift shop. Wi-Fi is available most places in the hospital.

Family members and visitors are responsible for all of your belongings while in surgery. Please leave valuable items at home, and bring as little as possible.

The Admissions/Registration station is located inside the Main Hospital entrance next to the main information desk.



During Surgery

A member of the operating room staff will escort you by stretcher to your procedure. The surgical liaison in the surgical waiting area provides visitors with updates throughout the procedure. All family members need to check in with the information associate in the waiting area when they arrive. This allows us to obtain family contact information so that we can keep in contact after the procedure. **The information associate is available for assistance in the waiting area from 7:00 a.m. to 6:30 p.m.**

In addition to providing updates during a patient's surgery, the family information board allows family members to stay connected with their loved ones. It uses a code number to represent the patient while in surgery. The family information board is updated by surgery staff throughout the procedure.

Each situation, patient, and procedure is unique and may be handled differently. All time estimates of surgery and recovery are approximate and may vary.

Calls and Visits from Your Surgeon

Your surgeon may contact your family at any time during the procedure by calling the information associate. Your surgeon typically calls or visits the surgical waiting area when surgery is finished. Please be aware that you may not yet be in the Post-Anesthesia Care Unit (PACU or recovery room) when the surgeon visits the family after your procedure.

Please ask questions during any part of your stay at the Medical Center. Knowledge is power. We hope your experience with us is a pleasant one.

BELOW: The family information board is updated by surgery staff and allows family members to stay connected with loved ones.

Case No.	Surgery Time	Patient Status	Room
09427928	07:30		
10515779	07:15		
10515865	10:00	Patient in operating room	
16460879	09:00		
20944367	07:03		
20996936	09:36	Patient in operating room	
21082637	09:56	Patient in operating room	
21323812	07:21	Patient in recovery area	
21366506	07:38	Patient in recovery area	
21375297	08:30	Patient in recovery area	
21382879	10:25	Patient in pre-operative area	
21385443	10:30	Patient in pre-operative area	
21385455	10:20	Patient in pre-operative area	
21385458	10:16	Patient in operating room	
21385492	11:10	Patient in pre-operative area	
21385506	08:10	Patient in recovery area	
21385514	07:19	Patient in recovery area	
21385532	07:29	Patient in recovery area	
21385540	10:40	Patient in pre-operative area	
21385545	07:25	Patient in operating room	
21385560	10:40	Patient in pre-operative area	
21385581	09:18	Patient in recovery area	
21385586	07:19	Patient in operating room	
21385592	10:01	Patient in operating room	
21385607	07:17	Patient in operating room	
21385628	09:38	Patient in operating room	
21392294	07:18	Patient in recovery area	
21397075	08:28	Patient in recovery area	
21397821	10:00	Patient in pre-operative area	
21401038	09:21	Patient in recovery area	
21418161	07:45	Patient in operating room	
21418170	07:37	Patient in recovery area	
21421275	07:20	Patient in recovery area	
21422265	09:49	Patient in operating room	
21422463	10:26	Patient in pre-operative area	
21422511	11:48	Patient in pre-operative area	
21425690	07:47	Patient in operating room	



Waiting Area

Post-Anesthesia Care Unit (PACU)

To ensure patient privacy and confidentiality, the PACU is a restricted visiting area. One or two visitors at one time may visit for ten to fifteen minutes before returning to the waiting area.

After surgery, you are taken to the PACU. Some patients may experience symptoms such as nausea, discomfort, or mild to moderate confusion upon awakening from surgery. These will be treated accordingly and usually resolve over time. It can take up to sixty minutes or longer before you are ready to have visitors.

Once you are ready for visitors, they will be directed to the PACU.

Please be respectful of our guidelines to ensure proper rest and recovery for all of our patients.

- Silence your cell phone. Photography or videography of any kind is strictly prohibited.
- Keep noise to a minimum. All patients in the PACU need to rest.
- If you are experiencing cold symptoms, please do not visit the PACU.
- Please remain at the bedside of your loved one. It is important to respect each patient's right to privacy.
- You may be asked to leave the recovery room if there is an emergency, if X-rays need to be taken, or if patient care is interrupted.
- Do not bring food or flowers into the PACU.
- Most patients will feel very tired after their procedure and will benefit from short visits.
- The nurse will give the patient and family updates on the patient's condition and plan of care. This may include general or specific treatments, and also what to expect after the patient leaves the PACU.
- Visitors should be prepared to demonstrate a calm and reassuring demeanor while in the PACU. The care team strives to provide a therapeutic environment to assist in a positive recovery from surgery.
- Family will have a chance to visit the PACU every two hours in the case of an extended stay.

Going Home

You will be given verbal and written instructions about medications, diet, permitted activity, and home care before you are discharged. If you are going home the day of your surgery, you must have a responsible adult drive you home. If you are going home the following morning, you are expected to be discharged by 7:00 a.m.

Penn State Health Milton S. Hershey Medical Center is located at
500 University Drive, Hershey, PA 17033
717-531-8521



Once you are on campus, follow the signs to patient/visitor parking. For a campus map directions, and a list of local lodging and dining establishments near the Medical Center, visit **[PennStateHershey.org/generalinformation](https://www.pennstatehershey.org/generalinformation)**.



PennState Health
Milton S. Hershey
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500 University Drive
Hershey, PA 17033-0850

24-hour CareLine: 1-800-243-1455
PennStateHershey.org

