



## **SURGERY: A GUIDE FOR YOU AND YOUR VISITORS**

Your surgery day is very important—to you and to us. While we are among the nation's leading hospitals, and have expert surgeons and some of the most advanced medical technology, we also know that the best care extends beyond the operating room or the bedside. Throughout your stay, you'll see many people working together to ensure you have the best care, and the best experience possible. This guide will help you and your loved ones understand what to expect throughout the day and introduce you to the key people who will care for you. But please don't hesitate to ask any of our staff for assistance. At UVA, caring counts, and keeping you and your loved ones comfortable and at ease is everyone's job.

### **ONCE YOU ARRIVE**

- You have been asked to be here at least 2 hours before your surgery. We don't always know when the previous surgery will end so there may be an opportunity to begin your procedure sooner. If you have concerns about your wait time, please see the staff in the Surgical Family Waiting Lounge—a place just for you and your loved ones.
- Make sure you have a responsible adult to take you home. This person must be on site during your surgery.
- It's very important not to eat, drink or chew anything.
- Please leave your valuables and personal belongings (jewelry, hair pins/bands, body piercings, wallet, purse, glasses, dentures, hearing aids and electronic devices) with someone you trust.

### **PREPARING FOR SURGERY**

In the Surgical Admissions Suite (SAS), we'll prepare you for surgery. Everything that happens here is for your safety and comfort.

- First, we'll verify your name, date of birth and place an ID band on your wrist or ankle.
- Then we'll confirm the type and location of your planned surgery or procedure.
- The nurse will take your vital signs, review your health history and complete/review surgical instructions. We'll start an intravenous line in your arm, which will allow us to give you medication and fluids during your surgery.
- Your anesthesiologist may offer an additional procedure, such as nerve block or epidural catheter, to help with pain after surgery.
- Because of space constraints, we ask that you only have one visitor while in the SAS.

Your Surgeon \_\_\_\_\_

Your SAS Nurse \_\_\_\_\_

## **IN THE OPERATING ROOM**

- Once in the operating room (OR), your surgical team will transfer you to the surgical table and stay with you to keep you safe and comfortable at all times.
- During this time, your only job will be to relax. We want to make sure everything is in place so we may need up to an hour to prepare.
- You may find the OR environment feels cool; this is the optimal temperature for surgery. If you feel cold, please just ask us for additional blankets.
- Don't worry; we'll update your loved ones at the start of your surgery, every 2-3 hours during surgery and at the end of surgery.

Your OR Nurse \_\_\_\_\_

Your Anesthesiologist or Your Anesthesia Team \_\_\_\_\_

## **IN THE RECOVERY ROOM**

In most cases, patients will wake up in the Post Anesthesia Care Unit (PACU). Expect to be in the PACU for up to 1 to 2 hours. To keep you comfortable, we may give you pain medication and provide any additional treatments if needed. You may be asked to take deep breaths and cough. This is a normal part of the recovery process.

Your PACU Nurse \_\_\_\_\_

## **AFTER SURGERY**

- If you are going to a hospital room after recovery, our PACU nurse will tell your visitors when and where you will be.

Your Unit and Room Number \_\_\_\_\_

- If you are going home today, a nurse will make sure you are prepared to leave the hospital and make sure you know how to care for yourself, and;
- For your safety, a responsible adult must drive you home and stay with you the first night.

At UVA, we focus on every patient, every day. So while you can rest assured that your medical care is among the nation's best, you can also expect to see us do the little things—a friendly smile, an understanding ear—that will make your time with us easier and more comfortable.

## **WHAT VISITORS NEED TO KNOW**

- Your support is an important part of your loved one's care. It's best to stay in the Surgical Family Waiting Lounge (or the 4West Lounge if your loved one is having thoracic, cardiac or vascular surgery) so you don't miss important updates during surgery.
- A large monitor in the Surgical Family Waiting Lounge allows you to track your family member through the surgical process. Just match your loved one's patient tracking number (noted below) to the assigned OR room and the color-coded system will indicate the patient's status.

Patient Tracking Number \_\_\_\_\_

- Pagers are available if you wish to wait elsewhere. However, you may miss updates. The lounge receptionist will gladly take a message for you. Just make sure to ask if you have any messages when you return.
- Out of respect for the fasting patients, please do not eat or drink while in the lounge. Any of our staff will be happy to help you find our cafeteria, coffee stand, vending machine, ATM or gift shop—all close to the lounge.
- Two visitors per patient are welcome in the Surgical Family Waiting Lounge. Additional visitors will find comfortable seating in our hospital lobby. For fire safety reasons, we ask that you do not move the furniture.
- Please wear a visitor badge at all times.
- The receptionist will be happy to validate your parking ticket.
- Wireless Internet is available for your laptop. Just call 434.924.1122 for access.

### **IMPORTANT PHONE NUMBERS**

Surgical Family Waiting Lounge	434.924.2277
UVA Page Operator	434.924.0000
Surgical Admissions Suite (SAS)	434.924.5455
Patient and Guest Services	434.924.1122
Shuttle Service	434.982.1600
Toll-free Number for all UVA Services	800.251.3627

If you have a question, never hesitate to ask the lounge staff or any of us at UVA. We are happy to help in any way we can.  
Caring Counts Here.