



Wear clothing that is comfortable for your physical condition and can be removed easily, folded, and placed in a locker or plastic bag.

WHAT TO BRING ON THE DAY OF SURGERY:

- This surgical guide
- Photo I.D. Card (driver’s license, state photo I.D., or passport)
- Insurance Card or Workers’ Compensation information
- Prescription Drug Card, if different from the medical insurance card
- AICD/Pacemaker I.D. Card (make copy if possible), if applicable
- Social Security Number
- Emergency Contact Information (name and phone numbers)
- Responsible adult escort information (name and telephone numbers)
- Copy of Advanced Directive (Durable Power of Attorney for Healthcare, a Living Will for Healthcare, or a written Individual Healthcare Instruction)
- Containers for eyeglasses, contact lenses, hearing aids, and dentures
- Medications that you were instructed by your physician to bring to the hospital (containers must have appropriate labels from the pharmacy)
- Special supplies or equipment as instructed, such as cane, walker, or wheelchair
- Items that you will need for recovery and/or discharge, such as a robe or slippers; keep your belongings in your car or have them brought in by your family member after you have a room assigned after your surgery (in-patient)
- Others



Your Surgical Team tries to keep the surgery schedule as close as possible. However, unexpected delays may occur.

DO NOT BRING THE FOLLOWING ITEMS ON THE DAY OF SURGERY:

- [] Checks, cash or credit cards **unless** co-payments have to be made upon admission based on insurance carrier requirement. Leave your money or credit cards with your family after payment has been made.
- [] Sleep apnea machines (may bring own mask if unable to use other masks)
- [] Valuables and jewelry, hair clips, pins, or hair spray. Wigs and hair pieces may be removed and replaced by a head cover.
- [] Prescriptions, herbal supplements, and over-the-counter (OTC) medicines, unless ordered by your doctor
- [] Visitors must be 18 years or older to visit the following units:
 - All Intensive Care Units
 - 4 South Nursing Unit
 - 6 North Nursing Unit

TRAVEL TIME/ARRIVAL/PARKING

Arrive at least two hours before your surgery or procedure, or earlier if instructed by your physician. Please be aware of traffic conditions on your way to the hospital.

- **Parking:** If your procedure is being performed in the Main Hospital, park in South Tower, Street Level, Parking Lot #3 (P3). If your procedure is being performed in the Pavilion, park in Parking Lot #4 (P4). Valet parking and validation is available for a nominal fee. Do not park in the Medical Office Towers parking areas. Cedars-Sinai can not validate parking for these locations.
- For parking passes and rates, call the Parking Office at **(310) 423-5535**. The Parking Office is located in Parking Lot #8 (P8) on the west side of George Burns Drive.

CHECKING IN

- If you are having an imaging procedure before your surgery on the same day, check in at the S. Mark Taper Foundation Imaging Center.
- If you are having a procedure in the Advanced Health Sciences Pavilion, please check in at the Information Desk on the 5th floor of the Pavilion.
- For all other patients, please check in at the Information Desk on the Street Level, South Tower. You will be escorted to the registration area.

ADMISSION/REGISTRATION AREA

- The Registration Representative will complete your registration. You will receive a hospital identification bracelet and paperwork for admission.
- Please be seated in the lobby until you are called to the pre-operative area.

LOBBY/WAITING AREA

- Your family and friends may wait in the Lobby. This waiting area has a television, magazines, phones, and Volunteer Staff who can assist them while you are in surgery or recovery.
- Your family may accompany you as far as the lobby area or may accompany you in the Pre-Operative Area at the discretion of the nurse based on your care and activities of the unit.
- Please let your family or friends know that if they need to leave the waiting area they should provide the Volunteer Staff with their cell phone number and expected time of return.

PRE-OP AREA

- You will change into a hospital gown and your personal belongings will be stored.
- The staff will measure your temperature, blood pressure, pulse, respiration, height and weight.
- The nurse will verify the information on the chart and confirm the surgical procedure before you sign a Consent Form. Make sure everything in the form is correct. Speak up if you do not understand something on the form.
- The nurse from the Operating or Procedure Room will meet with you and will discuss what to expect while in the Operating or Procedure Room.
- The Anesthesiologist will then meet with you to discuss the plan for your anesthesia.
- An intravenous (IV) infusion will be started to provide you with fluids and later on may be used to provide anesthesia and other medications.
- The surgeon will mark the side and site of your surgical area.
- A family member may stay with pediatric patients in the Pre-op Area.

IN THE OPERATING OR PROCEDURE ROOM

- Pressure pads and warmed blankets are available for your comfort. Please notify your surgical team if you are not comfortable.
- Your surgeon will call for a “*Time Out*” before starting the procedure to verify the following:
 - Your identification
 - Planned procedure
 - Site and side, if applicable
 - Position
 - Equipment
 - Implants, if needed
 - Imaging films, as appropriate
 - Antibiotics given, if required and other safety measures.

POST-ANESTHESIA CARE UNIT (PACU)

- After your surgery or procedure, you will be transferred to the PACU where the nurses are specialty trained to take care of your immediate care, comfort and safety needs.
- The length of time you spend in the PACU will depend upon the type of surgery or procedure, type of anesthesia received, and the availability of outpatient, inpatient or intensive care (ICU) beds.

VISITATION POLICY IN THE PACU

- Visitors are allowed in the PACUs. This will be coordinated by your nurse around your care and other activities in the unit.
- To maintain a patient’s privacy, only one family member can visit you in the PACU at short intervals of five (5) minutes at a time. Please designate one family member as the primary contact for the staff.

- The nurse will be in contact with your family in the lobby waiting area regarding your arrival to the PACU. The nurse will inform you of any delays or room changes during the course of your recovery. The staff will notify your family once you are ready to transfer to your room.
- Parents will be notified of patient’s arrival in the PACU. Parents may stay with a pediatric patient while your child is recovering in the PACU.

OUTPATIENT DISCHARGE

- You will be discharged directly from the PACU to home or transferred to an outpatient area where you can fully recover and be safely discharged at a later date.
- You will receive a written discharge instruction sheet from the nurse and he or she will explain any instructions that you may not fully understand.
- You will also receive any prescriptions that your physician has ordered for you. You can request that the prescription be called in to the pharmacy of your choice.
- When your escort arrives, the staff will transport you by wheelchair to the Street Lobby.
- You will receive a phone call from the hospital staff to make sure you are doing well. The nurse who calls you may answer any of your questions.