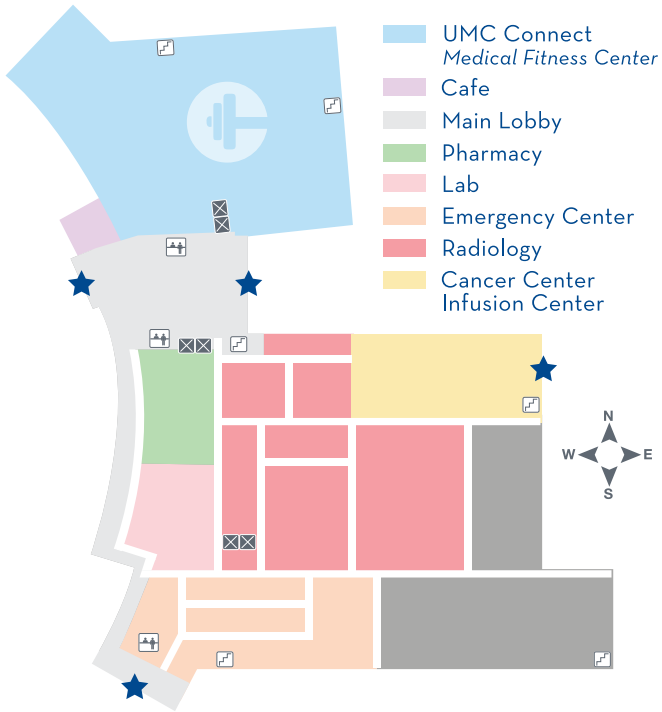
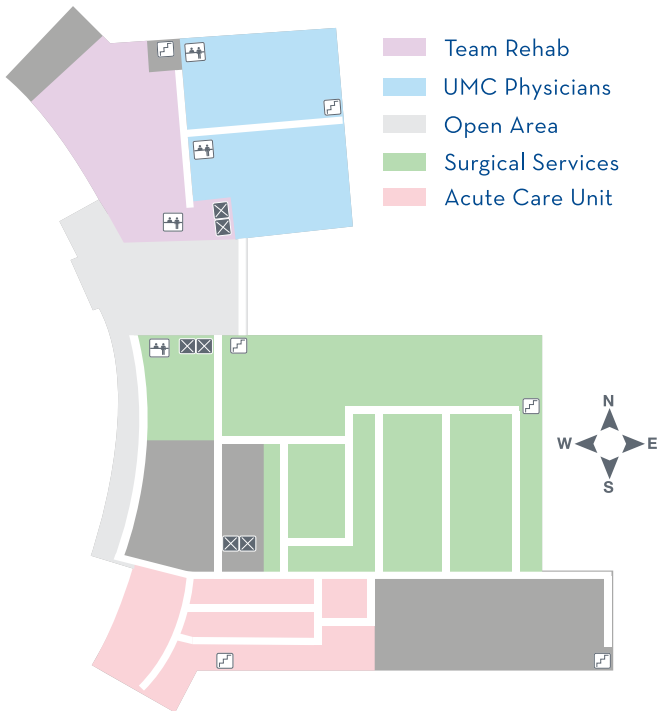


FIRST FLOOR



SECOND FLOOR



STAIRS ELEVATORS WELCOME DESK ENTRANCES

IMPORTANT NUMBERS

UMC HEALTH & WELLNESS HOSPITAL MAIN

806.775.8200

UMC PHARMACY

806.472.6860

SURGERY SCHEDULING AT HEALTH & WELLNESS HOSPITAL

806.761.0252

SURGICAL SERVICES AT HEALTH & WELLNESS HOSPITAL

806.472.6890



SURGICAL SERVICES AT HEALTH & WELLNESS HOSPITAL



HEALTH & WELLNESS HOSPITAL

HEALTH & WELLNESS HOSPITAL
11011 SLIDE ROAD
LUBBOCK, TX 79424

umhealthsystem.com | f X @ y in

A Patient's Guide

What To Expect When You Are Expecting Surgery

Surgical Services Appointment Date:

(Please keep appointment to prevent surgery cancellation.)

PRE-SURGERY

Medication Restrictions

Check with your Primary Care Provider (PCP) or surgeon about your medications and supplements prior to arrival; certain medications and supplements can cancel or delay your surgery.



Arrival Time for Surgery

Our staff will call you with your arrival time the workday prior to your surgery day. Please call 806.472.6812 with any questions.



We will provide you with your arrival time and detailed instructions on what time you need to stop eating and drinking.

Food and Drink Restrictions

Please follow our eating and drinking instructions *exactly*.



**Consuming food or liquids can delay or cancel your surgery for safety reasons.*

Things to Avoid Before Arrival

Contact Lenses

Jewelry

Perfume, body lotions, oils

Makeup, false eyelashes

Shaving

Nail polish, acrylic nails

Any personal items/valuables



**We are not responsible for lost or stolen items.*

DAY OF SURGERY

Arrival

Your arrival time will typically be 1 to 2½ hours prior to your surgery. This time before your surgery will be used to go over your health information and prepare you for surgery.

- ➔ Once you arrive, go to the Surgical Services reception desk to begin registration.
- ➔ After you have finished registering, you may go to the waiting area. A healthcare provider will be with you shortly.

Pre-op

Next, you will continue to your pre-op room.

- ➔ Please check with your nurse before using the restroom (a urine sample may be required).
- ➔ You will remove your clothing, perform a pre-op wash, and then change into a patient gown and slipper socks.
- ➔ A registered nurse will review your health information and check your vitals. Lab work and testing may be performed.
- ➔ No more than two visitors will be able to wait with you.
- ➔ You will meet with the operating room team to review your health history and anesthesia plan.
- ➔ Once you are fully prepared, you will be escorted to the operating room. Anyone with you at this time will return to the waiting area.

POST-SURGERY

Recovery

After your surgery, you will be taken to the recovery room.

- ➔ Once you are awake and comfortable, your nurse will provide you with visitor options.
- ➔ Your discharge time will depend on how you are feeling as you recover from anesthesia and by the type of surgery you had.
- ➔ Once you are ready to go home, a nurse will go over your post-operative instructions and answer questions before you will be able to leave.
- ➔ Prescriptions can be filled or picked up at the Health & Wellness Pharmacy, located on the first floor. Refer to the green section of the map.

Making Arrangements

You will need to be supervised following anesthesia.

You will not be able to drive yourself home.

Even if you plan on using a ride-share app or taxi, you will need to bring someone along with you to make sure you get home safely.

