

Important Information Regarding Your Surgery

Contact Us

UCLA Medical Center, Santa Monica
1250 16th Street
Santa Monica, CA 90404

Hospital and Patient Information: (424) 259-6000

Admissions Office: (424) 259-6611

Pre-operative Evaluation and Planning Center (PEPC): (424) 259-8060

Available Monday through Friday, 9 am to 5 pm (closed holidays and weekends).

Post-anesthesia Care Unit (PACU): (424) 259-9353

Available Monday through Friday, 9 am to 5 pm (closed holidays and weekends).



Welcome to Our Hospital

Thank you for choosing UCLA for your surgical procedure. Our dedicated physicians, nurses and other healthcare professionals take great pride in their work and look forward to exceeding your expectations. Our goal is to ensure you have the best possible experience. We have prepared this information about our hospital to help guide you through the process before, during and after your surgery. Whether you are here as an outpatient or plan to stay in our hospital after your surgery, we will do our best to help you achieve a positive outcome, and a comfortable stay.

Please note: The following guidelines are to be followed in conjunction with your physician's instructions.

Preparing for Surgery

When you and your surgeon have determined that surgery is necessary, your surgeon's office will provide you with specific instructions to prepare you, including any consultations and tests that will be required as well as dietary and fasting instructions. Once your surgery is scheduled, personnel from several UCLA departments may contact you to help you prepare for your surgery.

Pre-registration

A UCLA team member will contact you to verify your personal information, health insurance and benefits, and discuss financial expectations. Please bring your co-payment with you when you come to the hospital. Your “arrival time” is the time that you will check in with our admissions staff.

Keep in mind that operating room schedules must remain flexible to accommodate unforeseen emergencies and other circumstances beyond our control. Therefore, while we make every effort to be prompt, scheduled surgery times are tentative.

The Day Before Your Surgery

Monitor physical changes: Notify your physician of any changes in your physical condition, such as a cold, fever, rash, nausea, vomiting, and/or diarrhea, as your surgery may be postponed due to increased risk of infection.

Bathing: You may be instructed to bathe or shower the night before and the morning of your surgery using an antibacterial soap typically available at drugstores.

For adult patients: Be sure to arrange for a responsible adult to accompany you to our hospital. If you are having an outpatient surgery with anesthesia care, **an adult must accompany you to receive discharge instructions and take you home; if an adult is not available, your procedure will be rescheduled.** You CANNOT drive for 24 hours after receiving anesthesia.

If the patient is a minor (under age 18): A parent or legal guardian must be present at our hospital to sign the required paperwork. The surgery will be rescheduled if a minor arrives without a parent or guardian. If guardianship papers are required, please have them available. We recommend that two adults accompany a pediatric patient home, one to drive and one to observe the patient.

The Day of Your Surgery



Hand-hygiene Awareness Program: 'Foam in, Foam out'

For your safety and protection, we would like you to “foam in,” meaning you use a hand sanitizer before you enter our facility. When preparing to exit, please “foam out” by sanitizing your hands again before you leave.

Items to Be Left at Home

Valuables – jewelry, cash, cell phones, and computers – should be left at home; otherwise, they must be secured by a family member or friend. Unless instructed otherwise (e.g., in the case of rescue inhalers), personal medications should be left at home.

**Items to Bring to Our Hospital**

The following items are important to bring with you as you prepare for your hospital stay:

- An advance healthcare directive form noting your medical wishes and a designated individual who can make medical decisions for you if you become unable to do so
- Insurance and identification cards
- Guardianship papers (if needed)
- A continuous positive airway pressure (CPAP) machine, rescue inhaler (if used) and any equipment requested by your physician
- If you use portable personal oxygen, please ensure adequate supply for your journey home
- If you wear hearing aids and/or glasses, bring them and their cases; you may be asked to read and sign legal documents (do not wear contact lenses)

Reminders: Day of Surgery

To ensure a smooth and comfortable day-of process, please:

- Remove all jewelry and body piercings before you arrive for surgery.
- Wear loose-fitting clothing and comfortable shoes.
- Brush your teeth as usual the day of surgery.
- Remove all fingernail and toenail polish if you are having surgery on an extremity.
- Shave as you would normally.
- Do not wear any cologne, perfume, aftershave lotions, or powder.
- Do not wear any make-up. Small particles of make-up, especially mascara, may get into your eyes during surgery and cause injury.
- Bring any items for small children (if applicable), such as a blanket or special comfort items (pacifier, bottle, sippy cup, diapers or related items).



Registration and Admission

When you arrive at UCLA Medical Center, Santa Monica, please proceed to the admissions department to register. Interpreters are available to provide translation services in a wide range of languages. If you would like interpreter services, please let us know.

Following registration, a member of our team will escort you to the pre-operative area to prepare you for your surgery. Your family or friends may join you here before your surgery. In the meantime, they will be invited to wait in our surgical lounge.



Surgical Lounge

Our team members in the waiting area are there to assist you and your family. Please check in with them upon arrival and provide a contact phone number while in the hospital. The physician will likely speak with the patient's family once the procedure has been completed.

Family members and friends may visit our cafeteria on floor G, or relax in our surgical lounge (floor 3, Suite 3500) where you will find complimentary newspapers, magazines and Wi-Fi available (network name: "MEDGUEST," no username or password required).

Please remember that families are responsible for their personal items (laptops, tablets, etc.) at all times.

Pre-operative Process

A team member will provide you with a hospital gown and a bag for your clothes and non-valuables. We request your family keep your belongings with them during your surgery if possible. An intravenous (IV) line will be placed in your arm or hand vein to maintain your body-fluid balance. It will remain in place until you go home.

Onsite Testing

Your physicians may order several diagnostic tests, such as a blood-glucose test to check your blood-sugar level. We perform a urine test for pregnancy on all female patients between the ages of 10 and 53.

Questions

You will be asked multiple questions. Your healthcare team will review the timing of your last meal, any medication allergies and your planned procedure. An identification band with your name and patient number is secured on your wrist.

Consents

Your physicians will talk with you, mark the surgery site on your body (if applicable) and ask you to sign documentation of informed consent for your surgery and anesthesia.

Anesthesia

Anesthesia, the medicine used to induce sleep, may be necessary to undergo surgery. Unless you require emergency surgery, you should know the type of anesthesia you will be receiving in advance. All patients who receive monitored, regional or general anesthesia are examined by an anesthesiologist prior to surgery. You may receive a phone call before the day of your surgery to help your anesthesiologist formulate an anesthetic plan. It is very important to tell your anesthesiologist what medications and/or herbal supplements you are taking, and the last time you took them. It is also important to let your anesthesiologist know if you or any family member has had problems with anesthesia in the past, such as post-operative nausea and vomiting, very high fever after surgery, or delayed awakening.

Infection Prevention

On the day of your surgery, we may provide you with antimicrobial skin wipes and nasal antiseptic swabs to protect you against infection. Our staff will guide you in the use of these products.

Operating Room

Your operating room nurse will check your identification band and signed consent form. When you enter the operating room, both your name and planned procedure will be reviewed again. These additional checks ensure your safety. You will be assisted from the stretcher to the operating room bed. Because the temperature and humidity in the operating room are kept low, you may find the room rather cool. Throughout the surgery, your care team will closely monitor your safety. When you wake up in our recovery area, the surgery will be over. Your surgeon will speak with your family member in our surgical lounge.

Recovery/Post-anesthesia Care Unit (PACU)

After surgery, you will be taken to our post-anesthesia care unit to recover and be closely monitored by our PACU nurses. You will be kept warm and comfortable, and once your physician approves, you will be given fluids to drink.

**Visitation**

Family and friends accompanying you will be updated on your condition and allowed to visit as soon as possible once you arrive in our PACU. To maintain privacy and provide the best care to all patients, visiting frequency and duration may be modified as necessary.

Only parents or legal guardians of pediatric patients will be allowed to visit them in our PACU. Only children age 12 or older may visit patients in PACU.







No outside food, beverages, flowers, or plants are allowed in our recovery area.

**Going to a Hospital Room**

Once recovered from anesthesia, patients staying in our hospital will be transferred to a private or semi-private room. We provide sleeper chairs to accommodate one family member should he/she wish to remain overnight.

All of our inpatient areas have materials to help orient you and your loved ones to the unit. Members of our healthcare team are distinguishable by the color of their uniforms and all staff members wear hospital ID badges with their names displayed.

Uniforms:

-  Navy Blue - Registered Nurses
-  Olive Green - Patient Care Partners
-  Gray - Administrative Partners
-  Black - Lift Team
-  Light Blue - Physical/Occupational Therapists
-  Brown - Radiology Technician

Filling Your Prescription

A prescription may be required after your outpatient surgery. The UCLA-Santa Monica Pharmacy, located in Room 1202 of 1223 16th St. (across the street from the main hospital entrance) can fill your prescription before you return home. The pharmacy is open weekdays from 6:30 am to 6 pm and accepts prescription co-payments by cash, check or credit card.

For questions, please call (424) 259-8520.

Discharge and Follow-up**Homecare Instructions**

A discharge instruction packet containing information about your homecare, medications, symptoms to watch out for after surgery, and a contact number should you have any further questions will be provided prior to your discharge.

Follow-up appointment

Please contact your surgeon's office to schedule your follow-up appointment.

Discharge Follow-up

On the first business day following surgery, you may receive a call to monitor your progress, obtain feedback about your experience and answer your questions.

Directions

Address

UCLA Medical Center, Santa Monica
1250 16th Street
Santa Monica, CA 90404

From 10 Freeway West

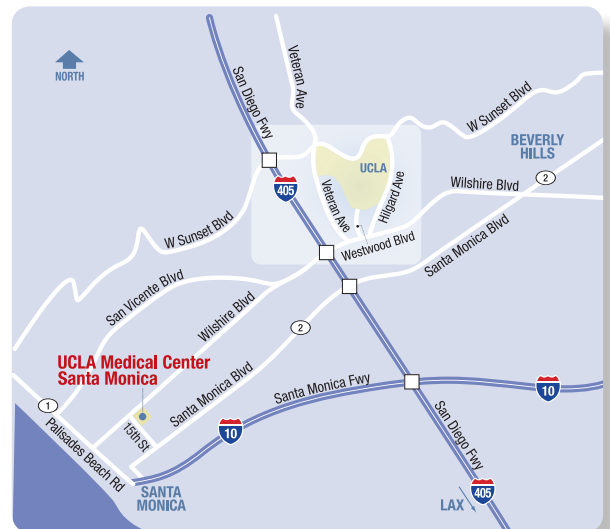
Exit Cloverfield Boulevard (north) to Santa Monica Blvd.

Turn left (west) toward 16th St.

Turn right (north) onto 16th St. to arrive at 1250 16th St.

From 405 Freeway

Connect to the 10 West freeway and follow the directions above or exit at Wilshire Blvd. West and merge onto Wilshire Blvd. Take it for 4 miles before turning left (south) onto 16th St. to arrive at 1250 16th St.



Parking

There are several parking options available for hospital visits, including valet parking, privately-owned parking garages, and metered street parking near the hospital. Please note: Parking rates are subject to change. Current rates are available from our valet parking staff.

Convenient Valet Parking

Daily valet parking is available at our main entrance (1250 16th St.) and at our orthopaedic entrance (1225 15th St.). Our main-entrance valet parking is available 24 hours a day, on weekdays. Our orthopaedic entrance valet parking is available from 7 am to 6 pm on weekdays. In-and-out privileges are not included.

Nearby Parking Garages

Privately-owned parking garages are located at 1245 16th St. and 1260 15th St. Rates are posted at the garage entrances.

Metered Street Parking

Limited metered parking is available near our hospital. Please carefully read the posted signs about the hours of operation and street-cleaning restrictions.

If you require long-term parking, please contact UCLA Medical Center, Santa Monica Security and Parking Services at (424) 259-9100 or stop by our security desk in the main lobby for information about weekly and monthly options.

Please note: We recommend you add an extra 15 minutes to your travel time to allow for parking.