

## ORTHOPAEDIC INSTITUTE

# Information for surgical patients



## PRIOR TO SURGERY

**You will receive a confirmation call from a staff member the day before your surgery with instructions for fasting and the time of arrival for surgery.**

### What if I develop symptoms prior to my surgery?

If you develop any illness prior to the procedure, please call your surgeon and the Adult Prepare Clinic at (415) 514-6131. Symptoms to report include:

- Fever at or above 100.5 F (38.0 C) in the last 24 hours
- Cough, sore throat, or cold
- Flu or flu-like symptoms
- An infection

Although COVID testing is no longer required for surgery, it's still important to inform your healthcare providers if you develop any new symptoms that could suggest a COVID infection. This ensures that appropriate testing and precautions can be taken.

**If you start a new medication, please call your surgeon and the Adult Prepare Clinic at (415) 885-7241.**

### Orthopaedic Institute

1500 Owens Street, Second Floor  
San Francisco, CA 94158

**Building hours:** 6 a.m. - 7:30 p.m.  
**Phone:** (415) 514-6088

## TRANSPORTATION

There are many options to get to the Orthopaedic Institute.

**Please keep in mind that you will be required to leave the surgery center accompanied by a caregiver or family member (age 18 or older) after your surgery.** If you foresee any issues with this, please let us know so we can provide a list of assisted ride services.

### Self-Parking:

Parking is available at 1470 Owens Street. Parking vouchers will be provided to surgery patients during surgery check-in.

### Rideshare:

If you are using a rideshare service like Uber or Lyft, there is a drop-off location in front of the Orthopaedic Institute, 1500 Owens Street.

### Other transit options:

The location is accessible by public transportation including the Muni T Third Street. Patients can also use our UCSF Shuttles, which are free. Learn more at [tiny.ucsf.edu/transit](https://tiny.ucsf.edu/transit).

# Information for surgical patients

## DAY OF SURGERY

### You must bring:

- A photo ID and insurance card. Both are required upon check-in.
- Your eyeglasses and eyeglass case, if you wear them (no contact lenses).

### You are welcome to bring:

- Cell phones, other electronics, and chargers.
- Books or magazines.
- Comfortable clothing and shoes to wear home.

### Do NOT bring:

- Your own medications; the care team will provide you with the medications you normally take at home.
- Valuables, such as large amount of cash, multiple credit cards, or jewelry, including wedding rings.
- Prohibited items such as smoking materials, vapes or weapons.

During check-in, you can provide the cell phone number of one person to receive status updates via text message, including a text with your pick-up time. Your loved ones can also call (415) 514-6088 for status updates on the day of your surgery.

After surgery, recovery time usually takes between 60 - 90 minutes, although every patient is different.

### Visitors:

The Surgical Waiting Area is on the second floor near the surgery area. The recovery area does not allow visitors, unless you have an approved special needs accommodation.

## What can I eat or drink on the day of the procedure?

- **Please do not have anything to eat or drink except clear liquids after midnight the evening before your procedure including gum, candy or mints.**
- You may have clear liquids on the day of your procedure up to four hours prior to arrival. Clear liquids include:
  - Water
  - Tea with sugar or sweetener (No milk, cream, or milk substitute)
  - Gatorade
  - Non-pulp, clear apple juice
- If you drink anything other than clear liquids on the day of your procedure, or if you have anything to drink in the four hours prior to arrival, your procedure will be canceled for your safety.
- If you have been instructed to take any medications the day of your procedure, take them with a small sip of water.
- If your surgeon has given you additional instructions about what to eat or drink before the day of your procedure, please follow those instructions as well.

## ORTHOPAEDIC INSTITUTE BUILDING AMENITIES

### Café hours: (Non-UCSF)

Monday – Friday, 8 a.m. - 2 p.m.

Vending machines are located in the First Floor lobby.

### WIFI:

UCSF Guest