



Directions to Clara Maass Medical Center

From the North: Garden State Parkway South, Exit 149. Make a right at the stop sign. At the first traffic light, make a right onto Belleville Avenue. Proceed one mile to third traffic light and make a right onto Franklin Avenue. Proceed on Franklin Avenue to the second traffic light, and make a right onto Clara Maass Drive. Make a right into the first driveway to the Clara Maass Visitor Parking area.

From the South: Garden State Parkway North, Exit 148 Bloomfield Avenue. At the first traffic light, make a right onto Bloomfield Avenue. Stay in the left lane, go one short block to the next traffic light and make a left onto Newark Avenue. Continue straight on Newark Avenue and make a left onto Clara Maass Drive. Then make the second left into the Clara Maass Visitor Parking area.

From the East, New York City and the Meadowlands: Take Route 3 West to Route 21 South. Stay on Route 21 Exit 5 (Mill Street - North). Go through three traffic lights, and enter Branch Brook Park. Bear right at second fork in the road. At traffic light, turn left onto Franklin Avenue. At next traffic light, make a right onto Clara Maass Drive. Make a right into the first driveway to the Clara Maass Visitor parking area.

Your PAT is scheduled at _____ a.m./p.m.
on _____.

Your procedure is scheduled at _____ a.m./p.m.
on _____.

Please arrive at Clara Maass Medical Center
at _____ a.m./p.m.

**Please arrive promptly for your
scheduled appointment.**

Clara Maass Medical Center
One Clara Maass Drive, Belleville

■ ■ SAINT BARNABAS
■ ■ HEALTH CARE SYSTEM
Clara Maass Medical Center



Your Same Day Surgery Procedure at Clara Maass Medical Center



■ ■ SAINT BARNABAS
■ ■ HEALTH CARE SYSTEM
Clara Maass Medical Center



Preparing For Your Surgery

As a surgical patient at Clara Maass Medical Center, your care will be handled by a highly skilled team of specialists which is headed by your surgeon. The information in this brochure is designed to give you information to prepare you for surgery and recovery.

Your doctor will instruct you to be at the hospital 2 hours or more prior to your scheduled operating time. For all surgical patients it is important that you arrive on time at the hospital, because a delay could mean a cancellation of your procedure.

You must have a responsible adult to drive you home after your surgery or your surgery will be cancelled.

Upon Your Arrival At The Hospital

Upon your arrival, you will be greeted by the concierge, who is there to assist you in any way possible and to address your questions and concerns. It is here that all necessary information will be obtained from you regarding your registration and insurance information if you have not already registered during PAT.

An identification bracelet will be placed on your arm to ensure proper identification of you as a patient during your hospital stay. You will then be escorted to the Pre-Operative area. We ask that only one visitor accompany you into this area to maintain patient privacy and comfort.

Pre-Operative Area

You will be given a hospital gown to get changed into. A garment bag will be provided for you to put your clothes into and secured while you are in surgery. The nursing staff will collect your health information; check your temperature and blood pressure as well carry out doctors' orders, such as starting an I.V., lab work or preoperative medication. They will also review in detail any medications that you are taking, so please remember to bring a list of your medications with you the day of surgery.

Prior to surgery, you will meet your Anesthesiologist who will review your medical history and the type of anesthesia you will receive during the surgery. A consent form for anesthesia will be obtained also at this time.

Inside The Operating Room

Once in the operating room you will meet your O.R. team which consists of your anesthesiologist, surgeon, an O.R. nurse and the surgical assistant. As a team they provide a sterile and safe surgical environment for patients. Monitors will be placed on you by your anesthesiologist to monitor your blood pressure, heart rate, and oxygen levels throughout the surgical procedure.

After Your Surgery

You will be taken to the Recovery Room area where a registered nurse specialty trained in post-operative care will care for you. Your vital signs will be monitored frequently as well as your level of pain that you are experiencing. Pain medication will be available as needed, and your nurse will ask you to describe your pain on a scale from 0 to 10.

As the anesthesia wears off, you will be transferred to our Second Stage Recovery area where you will be rejoined with your family member until discharge. Here you will be assisted out of bed for the first time. The sooner you move around after surgery the quicker your recovery will be. A light snack and drink will be provided.

When you have met the discharge criteria, your nurse will review with you your discharge instructions for your care and recovery at home. For your safety, you will not be permitted to leave the Medical Center alone following the administration of anesthesia. You must make arrangements in advance for someone to drive you home. If you do not have a driver, please contact your surgeon's office for alternative transportation. A nurse from the Same Day Surgery Department will phone you within 72 hours after your surgery to see how you are feeling and to answer any questions or concerns that you may have.

Important Phone Numbers

Information Desk	973.450.2300
Emergency Department	973.450.2100
Same Day Surgery	973.450.2751
Preadmission Testing	973.450.2224
West Hudson	201.955.7032

Remember the following to ensure a safe surgery and quick recovery:

- ❖ Adults do not eat or drink anything after midnight before the day of surgery. If you do your surgery will be cancelled.
- ❖ Wear comfortable clothes that you can take off and put on easily.
- ❖ Leave all jewelry and valuables at home.
- ❖ Take your morning medication with a small amount of water before coming for your surgery unless advised otherwise by the nurse or doctor. Also bring a current list of the medications that you are taking.
- ❖ Bring your insurance cards, drivers license or additional forms of identification.
- ❖ A responsible adult to drive you home after surgery or your surgery will be cancelled.
- ❖ If you are under 18, your parents or legal guardian must accompany you to sign the consents for the hospital.

For infants and children:

- ❖ Infants 3 months of age to older children can drink clear liquids such as water or apple juice up to 2 hours before surgery. NO milk, cream or juice with pulp.
- ❖ 3 months to 1 year – less than 2 ounces clear liquid
- ❖ 1 to 4 years – less than 3 ounces clear liquid
- ❖ 4 to 12 years – less than 8 ounces clear liquid

If you get a cold, fever, rash or if your condition has changed, call your doctor. Surgery may need to be postponed.