

Welcome to Strong Surgical Center

At the Strong Surgical Center, we want you to be comfortable and prepared for your surgery. If you feel nervous or overwhelmed, remember that your team is here to guide you.

Your surgery team of experienced UR Medicine surgeons, nurses and other healthcare professionals are committed to providing you with the highest quality patient care available. They are among the most highly trained surgery professionals in the region. And they are devoted to giving you an excellent outcome—while serving you with compassion and respect.

Here's what to expect before and after surgery, and how you can prepare for your surgery.



Strong Memorial Hospital is a tobacco and vape free campus. Thank you for not using these products during your stay.

Questions or concerns?

Please contact us at (585) 275-8256
Monday – Friday 8:00 am – 10:00 pm.
Our office is closed holidays & weekends.

Strong Surgical Center
Strong Memorial Hospital
601 Elmwood Avenue
Rochester, NY 14642-1234
Phone: (585) 275-8256
Fax: (585) 473-8828
urmc.edu

Part of Strong Memorial Hospital.



Strong Surgical Center



GUIDELINES

Do not bring any valuables (money, jewelry, credit cards, electronics, etc). If lost, the hospital is not responsible for replacement.

Day before surgery

- Do not eat (including gum, candy, mints or cough drops) after twelve midnight on the day of your surgery. Surgery may be delayed or cancelled if you eat or chew anything after twelve midnight.
- Do not use chewing tobacco.
- You may drink clear liquids up to four hours before surgery. Clear liquids include: water, apple juice, clear sports drinks (Gatorade), clear carbonated beverages, black coffee, and clear tea. **Do not drink any milk, cream, orange juice, or use powdered creamers.**
- Follow your surgeon's instructions regarding skin cleansing and medications. Instructions regarding medications should be discussed at your pre-operative appointment.
- Plan your ride to and from the hospital if you are going home the day of your surgery.
- For your safety, an adult over the age of 18 must accompany you when you leave the hospital.
- Unless you have an adult with you, do not use public transportation (taxi, Uber, bus, etc.) after same-day surgery.

Arrival time

- Your scheduled arrival time is 1½ to 2 hours prior to your surgery start time. Please allow extra time for traffic and parking. If you are delayed please call us at (585) 276-8256. You may leave a message if a receptionist is unavailable.

Day of surgery

- If you were instructed to take any medications before coming to the surgery center, take them with a small amount of water.
- Do not use lotions, creams, nail polish, make-up, or false eyelashes on the day of surgery.
- Have one contact person with you on the day of your surgery. You'll both receive a privacy code number to help that person follow where you are before, during and after surgery.
- Before your surgery, the nurse will review your medical record and start your IV.
- During the nurse interview, we will confirm your identity by asking your name and date of birth.
- If you have an allergy, an allergy bracelet will be placed on your wrist.
- You may have two visitors (age 12+) with you on the day of your surgery.

After surgery

- The surgical team will bring you to the recovery area. You will receive fluids through your IV until otherwise directed by your surgeon.
- The nursing staff will monitor your heart rate, blood pressure, and breathing.
- Your recovery time will depend on the surgery you had, the amount of anesthesia given to you, and your body's response. Nurses will try to make sure you are as comfortable as possible during your hospital stay.
- You will not be permitted to drive for a minimum of 24 hours after same day surgery.

- It is recommended that you have someone (over the age of 18) stay with you through the first night if you go home the same day you have surgery. If this is not possible, contact your surgeon's office before your day of surgery.
- You can have prescriptions sent to either the Strong Pharmacy, located in the lobby of the hospital, or your pharmacy of choice.

What to bring with you

- Picture ID
- Glasses and case
- Hearing aid(s)/cochlear implant and case
- Dentures and case
- List of the last time(s) you took your medications
- Bathrobe, slippers, and toiletries to leave in your car (overnight patients only)
- CPAP machine with mask if you have sleep apnea
- Wheelchair, walker, cane, braces, or other walking aide you need for safety
- A copy of any advance directives you received

Do not bring

- Money, credit cards, debit card, checks
- Jewelry (wedding band, engagement ring, earrings, hair clips, bobby pins, etc.)
- Electronics
- Wallet
- Valuables
- Medications