



Richard Kim, M.D.

Hand & Wrist Surgery, Congenital Hand Surgery, Plastic & Reconstructive Surgery

www.richardkimmd.com

Directions to Hackensack University Medical Center

Medical Plaza Building
20 Prospect Ave. Hackensack, 07601

From George Washington Bridge and East

1. Follow Route 80 West, staying in local lanes, to Exit 64B.
2. Turn right at light onto Polifly Road.
3. Travel north on Polifly Road. At second light, turn left onto Essex Street.
4. At first light, turn right onto Prospect Avenue.
5. Hackensack University Medical Center is on the right.

From Paterson Area and West

1. Follow Route 80 East, staying in local lanes to Exit 63B for Rochelle Park and Paramus. (Exit ramp sign says Exit 63)
2. Turn left off exit ramp
3. Turn right at light onto Essex Street.
4. Follow Hospital signs. At sixth light, turn left onto Prospect Avenue.
5. Hackensack University Medical Center is on the right.

Alternate directions for those traveling east on Essex Street from Lodi, Elmwood Park, and Saddle Brook

1. From Route 80 East – Take Exit #65 (Green Street, South Hackensack).
2. Follow U-Turn signs to Rt. 80 West.
3. Continue on Rt. 80 West to the Polifly Road, Hackensack Exit.
4. Bear right at the bottom of the ramp and
5. Continue straight on Polifly Road until you reach the second traffic light which is Essex Street.
6. Turn left onto Essex Street. Continue to Prospect Ave. and make a right at the traffic light.
7. Hackensack University Medical Center entrance is on the right.

From Southern New Jersey on the N.J. Turnpike

1. Follow Route 95-N.J. Turnpike North to the junction of Route 80.
2. Take 80 West and stay in lanes for "Local Exits" to exit 64B for Hasbrouck Heights and Newark.
3. Turn right at light onto Polifly Road. Travel north on Polifly Road.
4. At second light, turn left onto Essex Street.
5. At first light, turn right onto Prospect Avenue. Hackensack University Medical Center is on the right.

113 West Essex Street, Suite 203 . Maywood, NJ 07607

p. 201.880.7766 . f. 201.880.7763

RichardKimmaywood@gmail.com



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From Northern New Jersey on Route 17

1. Follow Route 17 South to Essex Street exit.
2. Turn left onto Essex Street.
3. At fourth light, turn left onto Prospect Avenue.
4. Hackensack University Medical Center is on the right.

From Southern New Jersey on Route 17

1. Follow Route 17 North to Polifly Road turnoff.
2. Go under the Route 80 overpass
3. Turn left at the second light onto Essex Street.
4. Turn right at the first light onto Prospect Avenue.
5. Hackensack University Medical Center is on the right.

From the Lincoln Tunnel

1. Take Route 3 West to Route 17 North to Essex Street exit.
2. Turn right onto Essex Street.
3. At fourth light, turn left onto Prospect Avenue.
4. Hackensack University Medical Center is on the right.

From the Garden State Parkway

1. From the Garden State Parkway, either north or south, take Route 80 East.
2. Follow directions above for Paterson and West.