



- Once your surgery is complete, you will be brought to the post anesthesia care unit (PACU). Nurses will be observing you closely, monitoring your vital signs, breathing, and heart functions. They will also be managing your pain/discomfort, and any nausea/vomiting you may experience.
- Some of the effects of anesthesia include drowsiness, nausea, muscle aches, a sore throat, occasional dizziness, or headaches. These symptoms usually lessen within a few hours after surgery. The majority of patients do not feel up to doing their routine activities the next day, usually due to general fatigue or surgical discomfort. Plan to take it easy for a few days until you feel back to normal.
- Once you become more awake in the recovery room, you will be offered ice chips and progress to crackers and liquids, then regular food as tolerated.
- The amount of discomfort you experience will depend on a number of factors, especially the type of surgery you have. Your discomfort should be tolerable, but do not expect to be pain free. You will be asked to rate your pain on a scale of 0-10. This helps the nurse measure your level of pain. 0 represents no pain, and 10 represents excruciating pain. Pain medications can be given through your IV or as a pill. Staying on top of your pain is vital in the postoperative stage. We never want your pain level to reach a 10. Consider 3 or less tolerable. When your pain starts increasing beyond the point of 3, please request pain medication.
- Visitors are allowed in the recovery room. 1-2 visitors are allowed, and visitation time is up to the nurse's discretion.
- If any equipment is ordered to be used at home, you will be instructed on its proper use prior to discharge.
- Prescriptions will be given and can be filled at your pharmacy of choice or at the Eagle Valley Pharmacy, which is located on the first floor of the hospital.
- When you meet criteria to be discharged, your recovery nurse will review your discharge instructions with both you and the responsible person who is driving you home. They will also answer any questions you may have prior to discharge.
- Physical therapy usually begins the following day after surgery. Your scheduled time for therapy will be given to you upon discharge.