

Recovering from Surgery

Recovery

The surgery will take approximately two to three hours. You will spend about one hour in the recovery room, then you will be taken to your room on the second floor. Your doctor will usually meet with your family in the waiting area after your surgery.

After surgery, some pain is to be expected as you recover. The amount and intensity of the pain experienced differs from one person to another. No two people are exactly alike.

While having some degree of pain is unavoidable, our goal is to make your stay with us, and your recovery period at home, as comfortable as possible.

You will be asked to rate your pain. This will help us know how your medication and other comfort measures are helping. You can use a number or choose a face on the scale that best rates your pain.



MANAGING YOUR PAIN

Medication

You will be receiving pain medication as prescribed by your doctor. Pain medication will be given by pill, injection into muscle, or intravenously (IV).

Your pain medication may cause side effects such as nausea, drowsiness, confusion, and constipation. Ask your nurse any questions you may have about side effects.

Pain medication is encouraged to be taken regularly. It is most helpful to take pain medication before pain becomes severe. If you wait too long to take pain medication, it becomes harder to get relief.

Other pain relief measures such as changing your position or getting up and moving work well. Taking your mind off the pain by listening to music, watching TV, reading, or visiting with family and friends is also very helpful.

Long-term use of pain medication can lead to difficulty controlling pain. Your normal pain medication regimen may need to be adjusted to improve your pain relief.

As you heal, your need for pain medicine should decrease. Talk with your doctor if you have any questions or concerns about your pain management at any time during your recovery.