

# Surgery: What to Expect

## Step 5: After Surgery

### WHAT TO EXPECT

At the UVM Medical Center, our care extends far beyond your surgical procedure. We want to ensure you have a successful recovery.



### POST-ANASTHESIA CARE UNIT (PACU) OR INTENSIVE CARE UNIT (ICU)

After surgery, you will go to the PACU or to the ICU. You will be in the PACU until your surgical team, including your anesthesiologist, thinks you are well enough to go home - or until you are moved to a bed in the hospital. They will review how your surgery went and answer any questions you may have.

Visitors are welcome in the PACU two at a time. The staff will let visitors know when you are ready to see them. Cell phones are not permitted in the PACU.



### GOING HOME

Before you go home, we will make sure you know how to take care of yourself at home and what to expect during recovery. We will explain everything you need to know about taking care of your wound, review your medications with you, and explain which symptoms would require medical attention. Signs of infection will be discussed with you. You will receive a paper summary that provides a person to contact should you have any questions or problems after discharge. Please ask questions at any time.

Please remember, you must arrange for transportation home, and someone to go with you, in most circumstances.



### POSTOPERATIVE CARE

Your surgeon's office will plan your postoperative care. Usually you will return for a follow-up appointment, but feel free to telephone or contact via MyHealth Online your surgeon's office with any questions. Pain control is important to us, but there are restrictions on the use of strong pain medication, and unfortunately no one can expect to be pain-free. Tell your surgeon's office if you have pain that you feel is not reasonably controlled.

### OUTCOME AND QUALITY PROGRAMS

We track outcomes in an effort to keep standards high and continuously improve our quality. We collect information on clinical outcomes, patient experience, safety measures, effectiveness and efficiencies of care. You may receive a phone call from a nurse reviewer to ask you about any problems that may have occurred during your recovery. Any information collected will be kept confidential. Thank you in advance for your honest responses, which help us identify opportunities for improving patient care.

