

After The Operation

The Recovery Room

When the procedure has finished, the Anaesthetist stops the administration of anaesthetic drugs, which wear off rapidly. You are then slid back on to the trolley and transferred to the recovery room to finish waking up.

In the recovery room you will be given some oxygen through a plastic facemask and we will continue to monitor your blood pressure and oxygen levels. If you have pain at this stage we will give strong painkillers in to your intravenous line so that they can work quickly. If you feel sick, medications can also be given to control this.

Day-ward/Home/Ward/High Dependency Unit

After about 10–30 minutes in the recovery, you will be moved back to the ward or day-ward. The nursing staff will continue to monitor your blood pressure and pulse, though less frequently.

How you will feel

Minor discomfort

How you feel after your procedure depends on the type of procedure, your general health and how much you need in the way of painkillers.

Most people feel fine after their operation.

However, you may suffer from side effects of some sort. You may feel sick, dizzy or shivery, or have general aches and pains. Some people may have blurred vision, drowsiness, a sore throat, a headache and breathing difficulties. These usually settle down over the first hour or two.

Please refer to “Risks and Complications” information sheet for more details.

Pain

Good pain relief is very important after an operation. It reduces suffering and helps you recover more quickly. Unfortunately there is a very wide spectrum of the amount of pain and people’s response to painkillers. This means that some people will wake up experiencing pain. In the recovery room, the nursing staff can give you strong painkillers such as morphine intravenously to rapidly control your pain. Please refer to “Pain Relief After Surgery” for further details.

Going Home

If you are a same day patient, you will be able to go home 1–4 hours later depending on the type of procedure and how quickly you recover from the anaesthetic. You need to be well enough to stand up and eat or drink without feeling too dizzy or sick. We want your pain to be adequately controlled.

We will ensure that you have instructions about what to expect and instructions from your surgeon. You need to be taken home by a responsible adult who will be around until the next day in case you have unexpected problems.

For the rest of that day, you need to rest. Don't try to eat or drink too much. Take painkillers as advised. Your mental faculties will be slightly impaired even though you may feel normal, so don't drive, operate machinery or make important decisions until the next day. Avoid alcohol. Tiredness is very common for many reasons and may last a few days.

If there was a problem during your anaesthetic, you have a right to know about it and it may be important information for future anaesthetics. Your Anaesthetist will visit or contact you after your procedure to explain what occurred and answer any questions. You have the right to see your anaesthetic record if you wish and your Anaesthetist can explain what is written there.

If you experience any worrying side effects after you go home such as bleeding or excessive pain or severe nausea please contact the hospital or day centre, your surgeon or your Anaesthetist. Our practice always has one of our partners on call who can be contacted after hours through either St John of God Hospital on 03 53316677 or the Ballarat Base Hospital on 03 5320 4000.