

Patient information

What is Recovery?

Anaesthesia

The Recovery Room is a 12 bedded unit located within the main operating department on the 11th floor of the Royal Liverpool University Hospital.

The purpose of the unit is to care for patients immediately after surgery (post operatively) until their condition is stable and they can be then returned to a general ward, or the critical care ward if this is required.

The Recovery Staff

All the staff wear a similar uniform, usually a blue top and trousers commonly known as a “Scrubs”.

Anaesthetists, Nursing staff and Operating Departments Practitioners care for the patients on the unit. This team works closely together to ensure high quality care and treatment.

A trained member of recovery staff will care for you during your stay, and will be responsible for all your needs.

Equipment

The equipment in the recovery unit may make you feel anxious. All staff are trained and experienced in its use.

The equipment is necessary for the safety and care of patients post operatively, these may include:

- **Oxygen:** This is given through a face mask that will be in place when you wake up.
- **Pulse, Heart rate and Blood Pressure Monitors:** You will be connected to a monitor to help the staff measure your pulse and blood pressure.
- **Fluids:** You will have a drip in your hand; this is to allow the staff to give you any fluids that are required. You can ask for a drink of water as soon as you feel ready.
- **Drains:** You may have a drain from your wound which was inserted in the operating theatre.
- **Catheter:** You may have a urinary catheter in your bladder to enable the staff to monitor your urine output. This may seem uncomfortable at first.

- **Pain Control:** You will be made as comfortable and as pain free as possible. The Anaesthetist will discuss the type of pain relief most suitable for you before your operation. Your recovery room nurse will ensure you are comfortable and help you understand how to get more pain relief if you need it. The recovery team will assess your level of pain to make sure the pain relief is working.

Movement

The leads attaching you to the monitor, oxygen mask and any drips, drains and catheter may restrict your movement a little. The staff will ensure that you are warm and as comfortable as possible.

Length of stay

The time you need to remain in the recovery room will vary depending on how you feel and the operation you have had. Your stay may be extended while an appropriate bed is allocated and your ward bed space is cleaned and prepared. The recovery room staff will care for you during this time. Visiting is not normally allowed in the recovery room.

Author: Recovery Unit

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