



Recovery Center Frequently Asked Questions

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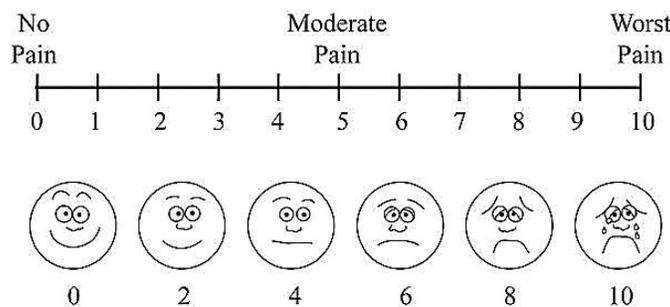
The recovery center is a state-of-the-art facility with skilled nursing staff and physical therapists that will allow you to recover comfortably and privately with 24-hour nursing care for the first few days after your surgery. We have nine private suites available to care for patients who need around the clock care after their procedure.

What kind of nursing care will I receive?

While staying at the Recovery Center, your nurse will follow your doctor's specific and individualized protocol for all medication and treatment required following your surgery. You will work closely with your nurse and physical therapist to develop goals that will help you care for yourself at home. Your active participation in rehab will improve the outcome and overall success of your surgery. Our goal is to ensure that your recovery is progressing well, while meeting your comfort and care needs. Before leaving the Recovery Center, your nurse will carefully review with you all your medications and care instructions to be followed as you continue your recovery at home.

How will my pain be managed?

Pain management is an important part of your recovery. During your stay at the facility, we will ask to rate your pain using a numerical scale (1-10) as shown below. We will use this rating to determine the best treatment for your pain.



We will use a combination of different pain management options - choosing from oral medications, intravenous medications, nerve blocks, and local anesthetic. Prior to your procedure, the management of your pain will be discussed with your **anesthesiologist as they are experts in pain management**. Please feel free to bring up any concerns or fears you may have.

What items should I bring with me?

We encourage you to bring a small overnight bag with comfortable clothing and walking shoes, personal toiletries, and any assistive devices such as a walker or brace, as ordered by your physician. Loose fitting pajamas, loungewear or sweats are a good choice, preferably with tops that zip-up or button-up, and bottoms with a draw-string or elastic waist. You may also want a bathrobe when walking in the hallway. It is important to bring any medications or prescriptions that you take regularly. Please bring medications in their original bottles. We do not have a safe or locked area to store your personal items such as Jewelry, Laptops, IPODS, or cell phones. You may use these items while at the Recovery Center, but we take no responsibility for their possible loss or damage.

Will I work with Physical Therapy?

Yes. Our therapy team will work with you at least twice a day on exercises and mobility to promote your full recovery.

Can friends or family visit me during my stay?

Yes. Your support system is an important part of your recovery. Our visiting hours are between 7:00 am and 8:30 pm. Please note that while your family and friends may stay until 8:30 pm, the entrance is locked at 5 pm and all visitors will no longer be able to enter after that time. We encourage your family or friends to be present for physical therapy, which allows them to learn how they can best assist you at home.

Will meals be provided to me during my stay?

Yes. Three meals per day will be provided to you. You are encouraged to bring snacks from home, as our snack options are very limited.

How long will I stay?

Pain management and the ability to safely care for yourself at home are important goals to be met prior to discharge. Our nursing and physical therapy team will help you achieve the right balance between pain management and meeting your goals of therapy. Patient's discharge schedule will vary based on when these goals are met, however the maximum stay is 72 hours from admission.