

# SOP: Post-surgery Documentation and Recovery Care Instructions

This SOP details the **post-surgery documentation and recovery care instructions**, covering accurate recording of surgical procedures, patient monitoring protocols, pain management guidelines, wound care instructions, activity restrictions, medication administration, and follow-up appointment scheduling. The purpose is to ensure comprehensive patient recovery, minimize complications, and provide clear guidance for healthcare providers and patients during the post-operative period.

## 1. Purpose

To provide standardized procedures for post-surgery documentation and care, ensuring patient safety, continuity of care, and optimal recovery outcomes.

## 2. Scope

This SOP applies to all healthcare staff involved in post-operative care and documentation in the surgical unit.

## 3. Responsibilities

- **Surgeons:** Document surgical details and prescribe initial post-op care instructions.
- **Nurses:** Monitor patient recovery, administer medications, provide wound care, and document progress.
- **Pharmacists:** Verify medication orders and counsel on administration.
- **Administrative Staff:** Schedule follow-up appointments and manage patient records.

## 4. Procedure

### 1. Post-Surgery Documentation

- Complete surgical record immediately after the procedure, including:
  - Date and time of surgery
  - Type and details of procedure performed
  - Surgeon and assisting staff names
  - Intraoperative findings
  - Immediate post-op status
- Update patient's medical record with operative notes and post-op orders.

### 2. Patient Monitoring

- Record vital signs as per protocol (e.g., every 15 mins for 1 hour, then hourly for 4 hours, then per shift)
- Assess pain, wound status, consciousness, and mobility regularly
- Document all findings and escalate abnormal results promptly

### 3. Pain Management

- Follow prescribing physician's orders for pain medication
- Assess pain scores at regular intervals
- Document medication administered, response, and any side effects

### 4. Wound Care Instructions

- Follow sterile technique during dressing changes
- Inspect incision for signs of infection or dehiscence
- Document wound status and patient tolerance

### 5. Activity Restrictions

- Communicate mobilization instructions as per surgical protocol
- Assist with ambulation as indicated
- Document patient's ability to perform activities of daily living (ADLs)

### 6. Medication Administration

- Administer medications as ordered (including antibiotics, anticoagulants, etc.)
- Document time, dose, and route of administration

### 7. Patient/Family Education

- Provide verbal and written discharge instructions covering wound care, activity restrictions, warning signs, and medication schedule
- Ensure patient/family understands instructions; document education provided

### 8. Follow-up Appointment Scheduling

- Arrange follow-up appointments per surgeon's instructions
- Provide written appointment details to patient/family
- Document scheduled follow-up in the medical record

## 5. Documentation Checklist

| Task                              | Responsible | Completed (Yes/No) | Date/Time | Notes |
|-----------------------------------|-------------|--------------------|-----------|-------|
| Post-surgical notes completed     | Surgeon     |                    |           |       |
| Vital signs monitored             | Nurse       |                    |           |       |
| Pain assessed & managed           | Nurse       |                    |           |       |
| Wound status documented           | Nurse       |                    |           |       |
| Activity restrictions implemented | Nurse       |                    |           |       |
| Medications administered          | Nurse       |                    |           |       |
| Patient education provided        | Nurse       |                    |           |       |
| Follow-up appointment scheduled   | Admin       |                    |           |       |

## 6. References

- Hospital Post-Operative Care Policy
- National Surgical Patient Safety Guidelines
- Current Clinical Practice Standards