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Post Op Care by [Shene Nursing](#)

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Post op care may be defined as the care and management of the patient after he/she has been operated on. This is the most crucial time when the patient must be taken care of. Post operative care through professionals in the first 24 hours after the surgery is very important. It is now, when the patient is extremely sensitive and is about to respond to the medication and the surgery the patient has went through.

In all major hospitals and nursing service centers special people are appointed or there is a special unit for post op care management known as the post anesthesia care unit aka PACU. These units are specialized in taking care of the patient while they are in the post operative room just followed by the surgery. They are specialized in taking care of such patients. Their nature of work and specialization is a bit different compared to the regular nursing services. The main aim of this unit is to prevent complications after the surgery and help in recovery.

Post operative care involves assessment of the situation, diagnosis of the patient's health, planning a routine, intervention of dos and don'ts for the patients and outcome evaluation after specific time period. Not only the post operative care unit comes into action while or after the surgery but also they play a pivotal role in the preparation for the surgery. They keep a check on the patient's health before they lead into the operation, his health status, medical history or any kind of ailment the patient has/had that could cause any hindrance in the surgery.

So, the unit is solely responsible for taking care of the patient's health. While the patient stays at the hospital, the post operative care unit carefully examines his/her health condition and then decides if he/she is good enough to be discharged from the hospital or not. They take into account every single detail of the patient. Right from the body temperature to after effects of the operation and many such details are observed. Any deviation from the normal recovery system is carefully monitored and a systematic report is handed over to the doctor to take necessary precautions and stabilize the patient's health.

Post op care is one of the major care management that is provided to the patient. It is vital that the patient gets the necessary attention followed by a corrective medical treatment before he heads home and starts leading a healthy and a long life.

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