

CAREGIVER FREQUENTLY ASKED QUESTIONS

Is my home set up for my loved one to be safe?

There are several things to consider when making sure your home is set up in a safe manner. Please refer to the Home Safety Checklist for a complete list.

Where do I wait while my loved one is in surgery?

Friends and family can wait in the surgery waiting area just outside of the preoperative area.

How do I get updates while my loved one is in surgery?

In the waiting room there is a case-tracking board on the TV where you can follow surgery progress. The patient has a unique identifier that allows you to follow.

If my loved one has to stay in the hospital, can I stay overnight with them?

Yes. In fact, we encourage you to stay as long as you are at least 18 years old. Coming off of anesthesia can make it difficult to recall information that was provided to the patient. Being able to be involved with the care team gives you first-hand knowledge on what to expect, what is normal, signs and symptoms that should be reported, etc. when the patient returns home. Unfortunately, we only

allow one visitor to stay the night. However, other guests are welcome during visiting hours.

Is there a pick-up time?

In order to make discharge as optimal as possible for the patient and caregiver, we like to have the care team ready to assist you. To help prepare the patient and caregiver, it is helpful to know that often this happens around 11 a.m. While your length of stay in the hospital will vary based on many things, it is helpful to know that many of our patients are returning home the day after surgery.

How long will I need to provide support or assistance?

Recovering from surgery is often difficult and can be challenging for some to resume normal activity. Providing support and assistance in the first few days after surgery is very important to monitor for potential complications. This also allows time for the patient to adjust to being at home and being able to recover in safe conditions. Having support and guidance to provide reminders on when to take your medications, keep up with exercises from physical therapy, and assist with basic tasks like dressing and bathing can also be helpful.

The patient may also need assistance with:

Transportation to and From Follow-Up Appointments

The patient will need someone to transport them home after they are discharged from the hospital. This can vary, but can range from day of surgery up to 3 days. Patients typically have follow-up appointments with their surgeon or primary care physician after surgery to make sure they are progressing well. These dates can vary based upon physician discretion, however, should be listed on the patients discharge instructions. We recommend traveling in a mid-size vehicle. Vehicles that are too high or low off the ground can be difficult to enter and exit.

Household Tasks

Likewise, keeping the house clean and performing normal household chores can be difficult when you haven't recovered from surgery. Being able to assist with household chores that take excessive bending and stretching, such as vacuuming, mopping, dusting, and laundry can be helpful. Many patients have pets that will also need to be cared for. Helping care for them or adjusting the height (if applicable) of the food and water bowls can assist with not having to bend so low to the ground.

Grocery Shopping and Errands

Getting in and out of the house can be strenuous immediately after surgery. Simple tasks like grocery shopping are difficult when you are recovering from surgery. Some surgeries have lifting restrictions that can also make it challenging. Being able to run errands can allow the patient to rest at home and recover. Depending on location, some stores will deliver or have curbside pickup.

Meal Preparation and Cooking

Being able to stand and prepare meals can be exhausting after surgery. Helping the patient prepare meals that can quickly be heated up is useful. Also making sure frequently used items are conveniently placed for the patient is helpful. Some patients can have restrict diets after surgery and may need guidance and support with making lifestyle changes.

Social Companionship and Encouragement

Surgery can be mentally and physically exhausting. Having someone around to provide emotional support, companionship, and encouragement can go a long way in making a full recovery after surgery.