Setting Up for Recovery at Home

A little preparation before surgery makes the first two weeks much easier. Have everything ready before you go to hospital.

People

- ☐ An adult to collect you from hospital and stay with you for at least the first 24 hours, and ideally the first few days
- ☐ Help with children, pets, shopping and housework for at least the first two to three weeks after larger operations; no lifting over 5 kg for six weeks
- ☐ Someone to drive you to your first review

Around the house

- ☐ A firm chair with arms, and extra pillows to rest with your head and knees raised after abdominal surgery
- ☐ Everyday items moved to between waist and shoulder height, so you do not need to bend, stretch or lift
- ☐ A shower chair or stool and a hand-held shower if you have one; you can shower after 48 hours
- ☐ Clear walkways and non-slip mats

Clothing

- ☐ Loose, front-opening tops and pull-on pants that fit over your garment and any drains
- ☐ Slip-on flat shoes
- ☐ Your compression garment, plus a second one if you have it, so one can be washed

Supplies

- ☐ Pain relief as advised, and any prescriptions filled before surgery
- ☐ Easy meals in the freezer, high in protein, and plenty of water
- ☐ Fibre or a gentle laxative if advised, because pain relief can cause constipation
- ☐ A notebook or the drain and wound log for recording drain output and questions
- ☐ A phone charger with a long cable

Keep moving

Walk gently around the house every hour or two while awake from the day of surgery. It lowers the risk of blood clots and helps recovery.

> Dr Kumar’s nurses (for Dr Kumar’s patients): 0477 775 404 · Practice: 1300 267 726

