

Enhanced Recovery Af er Surgery

' } o • } (: Z involve you and your family in your recovery, to get you home as soon and as safe as possible and to improve the outcome and overall sat sfact on of your surgical experience.

- Make sure your home is adapted to your post-op needs. Install any safety equipment you may need. Items you use regularly that are in lower cupboards should be placed at countertop height. Keep your walkways clear of clutter/trip hazards. Make sure you obtain all the adaptive equipment you'll need for af er surgery. You can use a 'loan closet_ to borrow equipment at no cost or try to borrow from family and friends. Make sure you have a firm chair with arms to easily get in and out of.
- Ask family and friends to help you out af er your surgery. Make sure you have easy food to prepare so you don't stand on your feet for too long- freezer type meals are easy (bought or made).
- No need to bring any of your assist ve or ambulatory equipment to the hospital. You can go home in the same clothes you came to hospital in, very loose ft ng, shoes must have non-slip bot om and fully enclose the heel for safety and fall prevent on.

- Blood clot (DVT) prevent on af er surgery you'll wear the sequent al compression devices while in the hospital, Dr. will prescribe you medicat ons to help prevent blood clots. Walking and ankle pumps are an important part in prevent on of DVT[s.

- Keep walkways clear of clutter or trip hazards. Use night lights to help guide you into bathroom at night. Always keep your assist ve device (ie, walker, cane) at your bedside for safety.
- Do your ankle pumps 10+ every hour that you are awake. Do not sit for more than 30 min. Walking helps to build endurance, decrease s ilds \$ or s ev

- Homecare services will come to your home following surgery. A nurse and a physical therapist will see you for about a week. Then you will begin outpatient physical therapy.

Prior to surgery, setup your f l y o y u s % Ÿ v š % Z Ç š Z Ç E % Ç À] •] Ç (} Ç o o } Á] v Always CE P W CE Ç your surgeon[s recommendat ons.

- Follow your surgeon[s guidelines and precaut ons. You /

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Call î ð ò ñ ï í ò í

XCall the clinic of choice

XFor click on the link below:

[ht ps://www.beaumont.org/treatments/physical-therapy](https://www.beaumont.org/treatments/physical-therapy)

XScan the QR code



- While in the hospital, you should always use the call but on for assistance get ng out of bed. Medicat ons and surgery can make you dizzy, lightheaded or sleepy. You may experience generalized weakness af er being inact ve. Af er you've been laying down, make sure you sit for as long as you need to before standing. Be aware of smaller sized bed, IV[s, or other equipment that can be in your way.

ANY QUESTIONS ABOUT THIS PRE-

