



Post-Surgical Recovery

Choosing the most appropriate care post-surgery

Most people hope to go home directly from the hospital after a surgery; however, depending on factors such as complicating conditions or support at home, recovery can actually be slower for individuals returning home after a surgery. For some, skilled nursing and rehabilitation will provide the appropriate care to hasten recovery post-surgery and to reduce possibilities of a return to the hospital due to complications or accidents.

What considerations should guide the decision?

Before returning home after surgery, one should be able to:

- Safely use a cane, walker, or crutches
- Transfer from a chair and bed without needing much assistance
- Move safely between the bedroom, bathroom, and kitchen
- Go up and down stairs, if they cannot be avoided
- Administer medication safely

Other factors that may affect the decision:

- The surgery may be more complicated.
- There is not enough help at home.
- Infections, problems with a surgical wound, or other medical issues may prevent individuals from going directly home.
- Problems that may slow a recovery, such as diabetes, lung problems, or heart problems.
- Insurance recommends skilled nursing & rehabilitation

Support & Care by Skilled Nursing & Rehabilitation:

- Registered nurses provide wound care, give medicines, and help with other medical problems.
- Physical therapists strengthen muscles and teach techniques to safely sit and stand or transfer from toilet, or bed. They can teach individuals to climb steps, maintain balance, and use a walker, cane or crutches.
- Occupational therapists teach skills to do everyday tasks such as putting on socks, getting dressed, reaching items.

References: CMS & Medline, National Library of Medicine, National Institute of Health

Helping individuals recover after:

- Joint Replacement or Repair
- Post Cardiac
 - *Open Heart (CABG)*
 - *Stent*
 - *Valve Replacement*
- Respiratory Surgery
 - *Lobectomy*
- Back Surgery
- Amputation

