

Care Partner Education

Your Checklist

Care partners play an important role in helping a family member or friend, both physically and emotionally, throughout the surgery and recovery process. Here are a few things you can do to prepare.

- ☐ Attend a pre-operative educational class. You and the patient will learn important information on what to expect before, during, and after surgery so that you both will be better prepared.
- ☐ Watch our video education series. This series will give you a glimpse of the process ahead and provide you and the patient with important details to make the surgical experience as comfortable as possible.
- ☐ Prepare for returning home:
 - ☐ Place clean sheets on the bed.
 - ☐ Reduce clutter. The patient's balance and mobility will be reduced for a number of weeks. Make it easier to get around by getting clutter out of the way.
 - ☐ Remove loose wires, cords and rugs that may be a tripping hazard. If using a walker or cane, appropriate maneuvering space is important.
 - ☐ Make sure lighting in the bedroom is easily accessible. A dark room is not a safe place for someone who has just had surgery.
 - ☐ Consider preparing meals to freeze ahead and reheat, as needed.
 - ☐ Make sure the pantry is stocked with routinely used items.