

# GOING HOME AFTER A PROCEDURE? THE FIRST 14 DAYS ARE THE MOST IMPORTANT!

The first days at home are when patients feel the most unsure, overwhelmed, and vulnerable. That's when problems can escalate quickly.

 A smooth transition home dramatically reduces risks by catching issues early and keeping your recovery on track.

## YOUR POST-PROCEDURE RECOVERY CHECKLIST



### BEFORE YOU LEAVE THE HOSPITAL

- Understand your diagnosis and what it means for your recovery.
- Understand your discharge instructions.
- Schedule your follow-up appointments.
- Review your medications.
- Know and watch for the warning signs.
- Identify who to call if you have questions when you are at home.

### AT HOME



- Avoid falls — move slowly and keep pathways clear.
- Take medications exactly as prescribed.
- Track weight, swelling, & breathing changes.
- Don't skip meals or rest.
- Call your doctor if something feels "off."
- Use home care support to help you follow your care plan and stay safe.



### HOME CARE SUPPORTS YOU

We make sure nothing slips through the cracks...

- Help following discharge instructions
- Medication reminders
- Safer mobility at home
- Support with bathing, dressing, & other personal care
- Meal prep that supports recovery

Recover safely.  
Recover confidently!  
Call us for the support you  
need during your transition  
home.



Assisting Hands®  
Home Care

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