

## FOR IMMEDIATE RELEASE

### Contact:

Jason Harvey  
Live Free Home Health Care  
603-217-0149

### Plan Ahead for a Speedier Recovery when Surgery is Needed

**NEW HAMPTON, NH (January 28, 2014)** - The transition from hospital to home following a planned surgery is a tenuous time, whether the surgery is for a hip replacement, knee surgery, plastic surgery or for any other reason. It's difficult to know at what level you will function or how long it will take to recover and return to normal activities, so it's important to plan ahead, before your scheduled surgery date, and consider what you'll need to make life easier once you're home, and what will add to a speedier recovery.

Many people assume that their doctors or hospital discharge planners will tell them everything they need to know about how to care for themselves at home. Unfortunately, that isn't usually the case. Prepare yourself for a smooth transition from hospital to home by getting answers to these questions prior to your surgery:

- Who will pick up my prescriptions? Will I need to rely on a relative for this task? Will he or she be available when I need a refill?
- Who will answer questions I may have about the medications? Should I contact my doctor, the pharmacist, or does the hospital have someone else for me to contact with questions regarding my care?
- What phone numbers do I need to have on hand?
- What kind of medical equipment might I need (such as a walker, crutches, or telehealth devices), and who will provide them?
- What kinds of tasks might be difficult for me to perform once I return home given the nature of my surgery? (Ex. bathing, dressing, climbing stairs, picking up prescription drugs, cooking, shopping, driving, etc.)
- What activities are not recommended following surgery? How long should I abstain from these activities?
- What signs or symptoms should I watch for that might indicate a problem during recovery?
- Do I need someone present in the home, or will I be safe left alone for extended time periods?
- Will my medications cause drowsiness or confusion?

Another very important question to ask is: Even if you have a home health nurse scheduled to visit, who will help get you settled in at home before that nurse arrives? This 24- to 48-hour gap in care, while seemingly short, is a major factor in re-hospitalization for many patients. A qualified home care agency, like Live Free Home Health Care, can provide whatever help you need to get settled following a planned surgery or an unexpected hospitalization, including:

- Transportation home from the hospital and to follow-up appointments
- Connections to resources in the community
- Assistance with in-home medical equipment or telehealth
- A safety assessment of the home to avoid tripping hazards
- Bathing assistance
- Ambulation supervision to prevent falls
- Exercise/activity as allowed by the physician
- Meals that follow any dietary restrictions, such as a low-sodium or low-fat diet
- Implementation of an activity/exercise plan
- Pet care

Through regular home care visits, in-home caregivers can also recognize a change in conditions and take prompt action to avoid complications or readmission to the hospital. For example, Live Free Home Health Care's staff is trained to recognize these and other key health indicators after surgery or a hospitalization:

- Post-operative infection

- Undesired reactions to medications
- Changes in fluid intake or output
- Swollen ankles
- Shortness of breath
- Dizziness
- Unexplained increased fatigue
- Signs and symptoms of a blood clot

Prepare for the unexpected after surgery and plan for a more comfortable recovery with home care assistance. Live Free Home Health Care will work with you to develop a plan of care to meet all of your post-operative care and personal needs. Call 603-217-0149 to learn more.

**About Live Free Home Health Care:**

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Family owned and operated, Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client's physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each client respectfully and like a cherished family member. Live Free Home Health Care also offers medical alert systems to provide extra peace of mind should an emergency care need arise.

For further information, contact **(603) 217-0149** or visit [www.LiveFreeHomeHealthCare.com](http://www.LiveFreeHomeHealthCare.com).

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