

What To Expect During Home Care Post An Operation

Description

Many people who have surgery do not realize what they need to do to ensure proper recovery. Home care post an operation is crucial; it ensures the patient's health and decreases stress on the [family and friends](#) because they do not have to come in to see their loved one every day like before the surgery.

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[Image Credit](#)

Every time you make a change for better or worse, don't forget it may take several months to fully implement these changes into your life. This article will tell you what you can expect during your or your loved one's home care post an operation, so be sure to read carefully.

Pain

After leaving the hospital or clinic, there will be some things that you should know about at-home care post an operation that takes place right away. The first thing is pain.

After surgery, you will most likely have some sort of discomfort at first, but it should slowly decrease throughout time. Also, you will need to elevate your leg if you have a knee or hip replacement. Elevating will help reduce swelling and muscle spasms in the portion that was operated on.

If your loved one is still in pain after their home care post an operation, some things can be done about that. The first is to call the doctor if they prescribe anything like pain medication; make sure not to skip doses because it could cause withdrawal symptoms. If they aren't prescribed anything, ask if they would like [acetaminophen](#) instead; this will help ease their discomfort without the dangerous side effects of other pain medications.

Wound Dressing

The next thing home care post an operation is essential for is dressing changes. If you have a wound or incision, your doctor will tell you when the time is right to remove the bandage and dressing they put on. They will also show you how to do it properly, so there are no infections in the future. Also, during this process, be sure NOT to pull any of the stitches out; it could lead to them not holding together correctly in the end. Additional medical equipment might also be needed like [different types of catheters](#), adult diapers, etc. depending on the surgery you had.

Rest

If you are recovering from surgery, don't go back to work just yet. It's possible, but it isn't recommended because you need all your strength during recovery after an operation. It's best to have at least one person that can stay with you during this part of your home care post an operation.

Diet and Nutrition

Now that we have discussed a few home care post an operation examples, the next thing to talk about is diet and nutrition. After surgery, you will most likely be on a liquid or soft food diet for about two weeks, so don't think it's as easy as making old favorites.

With this in mind, you can do things to make sure you get all the nutrients you need: One way is to take vitamins and other supplements; however, always check with your doctor before taking any new supplement or medication just in case they react poorly together. Also, adding protein powder and

multiple sources of fruits and veggies into drinks like smoothies will help provide proper nutrition without straining too much on your stomach after surgery.

Love and Support

Also, remember, if you have a loved one recovering from surgery at home, they need lots of love and support. Try your best not to complain about simple tasks around the house because it can be stressful depending on how long recovery has been going. If you want to treat them to something special, why not make a meal together or do a pleasant activity like their favorite movie?

And donâ€™t forget â€“ if you have any questions, always ask the doctor! They are there to help you recover properly and answer any concerns or worries you might have. Good luck!

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