

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.



Your Home. Our Care.®
www.assistinghandspotomac.com