

Discharge Planning

Inpatients

Your discharge needs for after surgery will be addressed by nursing, case management and your surgeon. Issues to consider before discharge home include:

Transportation Home

Getting home after your surgery will require help from family or friends. Consider any movement restrictions that may require a larger car or a mini-van.

Home Health Needs

You may have special needs for equipment, medications or nursing care.

Physical Therapy

You will be provided information on how to continue with physical therapy after your discharge home.

Insurance

A member of the case management staff can talk to you about insurance questions related to home care or after surgery care issues.

Appointments

Your post-operative follow-up with your surgeon or his staff can be arranged even while you are still a patient at IOH.

Outpatients

Plan ahead to have family or friends help you with your needs after surgery. Issues to consider before your surgery include:

Transportation Home

You will need a responsible adult to take you home when you are released.

Prescriptions After Surgery

You may need to stop by your pharmacy to pick up prescriptions after surgery.

Monitoring After Surgery

For your safety, we recommend that a responsible adult stay with you for 24 hours following surgery. If you live alone, arrange for a friend, neighbor or relative to check on you daily for the first few days after surgery.

Physical Therapy

You may be given exercises to complete after surgery on your own. If your surgeon wants you to work with a physical therapist, you will need a detailed order and instructions from your surgeon on when to begin.



You will be provided information on how to continue physical therapy after your discharge home.