

Top 10 Reasons to Heal at Home After Spine Surgery

1 Healing at Home Reduces Your Risk of Getting Germs.

Yes, germs! Healthcare associated infections (HAIs) are sicknesses caused by germs that people get while they are receiving care at a healthcare facility. HAIs can happen in any health care location and are caused by bacteria, fungi or other less common infections. We take specific precautions to prevent HAIs. We want to prevent an HAI even after your stay at the hospital! While the home is not perfectly clean, there is a lower chance of getting germs there. Those germs that people might get at home are less dangerous and there is less opportunity for spreading infections from patient to patient (health.gov/hcq/prevent-HAI.asd).

- Make sure your sheets, clothing and home are well cleaned before you return home. Have extra bottles of hand sanitizer for use by visitors and family members.

2 You Have Control of Your Environment.

Preparing your home before surgery will make returning home so much easier. Small things like installing nightlights and finishing the laundry allows you to relax and focus on getting better. Pre-made meals from the freezer are an easy way to prepare a quick, healthy meal.

- Move frequently used items to the countertop level, and remove throw rugs to reduce the risk of falling.

3 You are Not Alone. We're Here to Help.

Please know that the hospital team will only send you home when you are ready. Once you are settled at home, you still have access to help, including the Patient Navigator, your Coach, and your surgeon's office.

- The therapists in the hospital will prepare you to safely get around your home. This includes walking up and down stairs and safely getting in and out of a car.

4 You Have More Privacy.

As much as we respect your privacy in the hospital, nothing can compare with the comfort and privacy of your home.

- **REMEMBER:** Your Coach or other friend or family member will need to stay with you for at least the first 2 days.
- After the first couple of days, you will find that you may be able to do more than you think. It is a good idea to have someone come by and help with meals and housework.

5 You Are Prepared and Know What to Expect.

Attending a Pre-Operative Education Class will prepare you to have an even better surgery experience. The Orthopedic/Spine Patient Navigator will offer you a detailed Patient and Family Guidebook and will also share a lot of helpful information. This will help you know what to expect before, during and after your surgery.

- The Patient Navigator is available Monday – Friday for your questions or concerns.
- There is also a video online that is available 24 hours a day for your viewing. This can be shared with friends and family too:

www.SentaraBackNeckCenter.com/video

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6 You Will Get Better Sleep at Home.

Sleep is the body's time to rebuild, restore, and get well. Naturally, it is most important to have quality sleep to get better after surgery. You are more likely to get the best sleep at home in your own bed. At home you won't have constant interruptions such as talking, equipment sounds, and unfamiliar beds. These interruptions can cause you to not have enough sleep, which can slow down the healing process.

7 You Will Get Back To Your Schedule Quicker.

The pace of your hospital stay can blur the days together. Going home can provide the opportunity to resume your normal routine sooner. Being in your home and having family and friends stop by for a visit can be helpful. It will lift your spirits and keep you alert and active.

- Try to avoid too much napping during the day for better quality of sleep at night. Eating small meals on a regular basis throughout the day may be more appetizing than three large meals.
- Remember to keep hydrated and eat fiber-rich meals to keep your bowels regular.

8 At Home You Are In Charge of Medication Timing.

At home, you are in control of receiving your medications at the prescribed times. Setting an alarm can help you to keep on schedule.

9 You Are Like No Other. Neither is Your Recovery.

Before you even arrived at the hospital, you had a personalized plan for what to do after your surgery. Your surgeon will specify your plan in your discharge instructions.

- Talk to your surgeon about what will be recommended for your recovery and make sure you keep your appointment for your follow up visit with your surgeon.
- Outpatient therapy is sometimes ordered by your surgeon later down your recovery path. This allows the spine a chance to heal.

10 Home May Be The Most Cost Effective Recovery Option.

Each insurer offers a unique set of benefits that will determine any out of pocket expenses. Make sure you evaluate your recovery options and financial obligations.

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Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

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