



THE CARE PARTNER PROJECT™

How to Get the Care You Want
for the People You Love

Care Partners monitor monitors!

Immediately after surgery, your loved one will still be asleep and transferred to a recovery area to gradually wake up.

Any surgery is a shock to the system, so this is a critical time to monitor the after-effects. Most patients are put on electronic medical monitoring devices...but these are not always perfect. So, sit beside your loved one and think of yourself as a monitor, too.

Notice anything that doesn't seem right? Get a nurse right away! They will be grateful for your extra watchful eyes and ears on their patient.



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Checklists are for education only, and are not intended to substitute for medical advice, diagnosis, or treatment.

C H E C K L I S T

HOW TO HELP IMMEDIATELY AFTER SURGERY

CARE PARTNER, YOU ARE THE EXTRA LAYER IN THE SAFETY NET ALL GREAT HOSPITALS WANT FOR THEIR PATIENTS.

- Wait in the hospital during surgery** and sit beside your loved one in the recovery area.
- Make sure your loved one is warm.** It's okay to ask for an extra blanket or even two!
- Follow up** on post-surgery antibiotics
- Ask the surgeon:**
 - *Were there complications during surgery?*
 - (If so, ask:) *"What were they?"*
- Ask that a copy of the surgery notes** be included in your loved one's electronic medical record.
- Begin planning for recovery care** at home with our helpful **"How-To" Guides.**

GET A NURSE DURING RECOVERY IF...

- A monitor alarm goes off.**
- Your loved one shows signs of or complains about:**
 - Chills, shivering
 - Nausea
 - Vomiting
 - Choking
 - Any struggle for breath
 - Headache, confusion
 - Pain