

Care Partner Education

at New England Baptist Hospital

Your Checklist

Care partners play an important role in helping a family member or friend, both physically and emotionally, throughout the surgery and recovery process. Here are a few things you can do to prepare.

- Attend a pre-operative educational class. You and the patient will learn important information on what to expect before, during, and after surgery so that you both will be better prepared.
- Visit nebh.org/myclass and watch our video education series. This series will give you a glimpse of the process ahead and provide you and the patient with important details to make the surgical experience as comfortable as possible.
- Visit nebh.org/jointemail to sign up for our free email series, which will help guide you and the patient throughout the process of preparing for and recovering from surgery.
- Prepare for returning home:
 - Place clean sheets on the bed.
 - Reduce clutter. The patient's balance and mobility will be reduced for a number of weeks. Make it easier to get around by getting clutter out of the way.
 - Remove loose wires, cords and rugs that may be a tripping hazard. If using a walker or cane, appropriate maneuvering space is important.
 - Make sure lighting in the bedroom is easily accessible. A dark room is not a safe place for someone who has just had surgery.
 - Consider preparing meals to freeze ahead and reheat, as needed.
 - Make sure the pantry is stocked with routinely used items.