

# Don't Forget!



## A Practical Guide When Preparing for Short Stay Rehabilitation

With an upcoming surgery that requires rehabilitation afterwards, there's a lot to prepare for outside of the actual surgery. Are you ready?

### In Your Suitcase

- Documents and paperwork (insurance cards, ID, a list of all current medications, telephone list of friends and family)
- Small amount of money
- Comfortable clothing and shoes (slip on shoes with backs are best)
- Small personal items
- Chargers (cellphone, computer, tablet)
- Something to do (books, movies, crossword puzzles)
- Eyeglasses and/or contacts
- Pen and Paper
- Toiletries

### One Week Before

- Arrange with a friend or family member to check on your home including:
  - Picking up the mail and newspapers.
  - Watering plants and yard.
- Alert neighbors that someone else will be coming in to check on your home.
- Review bill payment schedule and arrange for pre-payments for utilities, rent or mortgage, phone, etc.
- Arrange for pet care.
- Call your primary care doctor's office to notify them of the surgery.

### One Day Before

- Depending on the type of surgery, you might be directed to stop eating and drinking prior to your surgery. An empty stomach decreases the risks of anesthesia.
- Move indoor plants as required for shade or sun.
- Unplug any devices that might be damaged due to a power surge.
- Clean out the fridge of all items that will expire during your surgery and short-stay rehabilitation. Nothings worse than coming home to a stinky fridge.
- Give the spare key to whoever will be checking on your house.
- Turn on your email auto-response.

### Morning Of Surgery

- Depending on the season turn down/up your thermostat to save energy.
- Close and lock all doors and windows.
- Make sure all small appliances are turned off.
- If leaving cars in the garage, give a spare set of keys to a neighbor in case of a fire or emergency.
- Take out the garbage.
- If able to, put lights on a timer.

**Lutheran Senior Services** offers REACH Short Stay. It's a comprehensive approach to recovery and rehabilitation following a qualifying hospital stay. At Lutheran Senior Services our team is dedicated to maximizing your ability.

REACH Short Stay is the optimal setting for REACHing your potential in an environment where you can work hard and rest well, actively progressing toward increased capacity and strength. Our experienced team will work with you and your family to define your goals and prepare a plan personalized to your needs.

### Our specialized approach includes:

- Interdisciplinary expertise from a team that includes nursing, therapy, nutritional management, social services, and spiritual care
- Physical, occupational, and speech therapy to provided up to 7 days a week according to your plan of care
- Therapy in a homelike environment
- A focus on improving activities of daily living to your highest potential

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**Laclede Groves** | Webster Groves, MO | 314.446.2367  
**Lenoir Woods** | Columbia, MO | 573.876.5800  
**Lutheran Hillside Village** | Peoria, IL | 309.692.4600  
**Mason Pointe** | Town & Country, MO | 314.754.2170  
**Meramec Bluffs** | Ballwin, MO | 636.923.2357  
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