

Newsletter

The latest news, views and announcements for the staff at Main Street Medical Supply.

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Tips to Help Seniors Recover From Surgery

We recently came across an article about recovering from surgery. We have many customers and caregivers come into the store dealing with surgical recoveries and we know it can be a difficult time. We decided to pull out the helpful parts of the article here, for you, but if you would like to read the original article just visit www.dailycaring.com to check it out.

First, **create a list of items your older adult will need post surgery.** Most people bring home new medications after surgery, but seniors may require additional items. Wheelchairs, hospital beds, compression socks, and leg braces are just a few examples of what may be needed for the recovery process. Scrambling at the last minute to find and purchase these items can be stressful. To reduce stress talk with the nurses and doctors ahead of time and start making a list of items that will be needed upon your return home. It is also a great idea to **prepare the home for their return.** For a smooth transition home, clean the house and re-arrange furniture to remove obstacles and hazards. This helps make their recovery as easy as possible. Begin by clearing pathways and removing any throw rugs or other items that could cause a fall or slip. Place remote controls, phones, books, and other frequently-used items within easy reach. Once home and recovering you are going to want to **make them as comfortable as possible.** For seniors, recovery from major surgery can be a slow, frustrating process. If they had knee, ankle, or leg surgery, their doctor may have instructed them to elevate their legs.

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Be warned – although it seems simple, improperly elevating the legs can have negative effects. A leg elevation pillow helps keep their legs in a raised position that promotes healing. Little details like these can be tricky, so when in doubt ask the professionals.

If you are the care giver, try to **accompany them to follow-up appointments**. Even if your older adult doesn't have any memory problems, it can be beneficial to accompany them to follow-up doctor appointments. As their caregiver, you may be able to fill in details about their health and recovery that they may not immediately remember when the doctor asks questions. This will also help you as you begin to **learn their limitations**. Doing too much too soon after surgery can cause a setback in recovery. The healing process is already slow for older bodies – the last thing you want is for them to do something that puts them back at square one. **Be aware of hospital delirium**. Even if your older adult doesn't have dementia, they could become confused after surgery. Post-operation delirium is common in older adults so caregivers should be prepared in case it happens.

Delirium can mean slower healing and it can be a scary experience for seniors. Most importantly, please make sure you **ask for help when you need it!** If you're caring for a parent or spouse, it's normal to feel overwhelmed. If you feel yourself becoming stressed out and irritable, don't be ashamed to ask for help. We are here to help. At Main Street Medical Supply we pride ourselves in knowing our community and knowing our products. We are here to help you find what you need or to point you in the right direction. Never hesitate to call or come in to the store with your questions.



Product Spotlight

In this issue we want to take a minute to spotlight our wonderful rental program. On top of our wide variety of quality products for purchase, and our equipment service offerings, we also offer rentals on select items. Available for rent:

- Hospital bed
- Knee walker
- Wheelchair
- Transport chair
- Elevated leg rest
- Scooter
- Portable oxygen concentrator
- Lift chair
- Ice therapy machine
- Knee continuous passive motion machine

Most of our rentals are on a weekly basis but a few items are rented by the month. For details and pricing please call us at 254-831-3093 or come in to 1225 N Main St. Belton, TX 76513. We are open M-F 9am-6pm and Sat 9am-1pm. Soon to open in Granbury, TX too.

