

## **Montrose Post-Surgical Care So You Can Rest Easy**

If you've recently had a baby, taking care of YOU might not be a priority. You can quickly become overwhelmed by all your responsibilities, particularly if you are having a difficult time recovering. Or maybe you've just had elective surgery or medically necessitated surgery and need some help so you can recuperate successfully.

Whether you need short or long term care, at your home, in the hospital, at a nursing home or in an assisted living facility, the professional caregivers at FirstLight HomeCare are ready to help. Our goal is to help you return to the healthy and active lifestyle you enjoyed before your surgery in a setting that is comfortable to you – your home or your temporary home.

At FirstLight HomeCare Western Slope, we often get calls from frantic sons and daughters who live far away from their parents who need to have emergency surgery or were hit with an unexpected illness. No worries -- our Montrose caregivers will sit by their side in the hospital, so someone is there to offer the love and companionship a family member can't be there to provide. Additionally, if the recovery time could take months, often family members have to get back to their own commitments at work and home. That's when you can trust our experienced caregivers to provide the personal care and companion care your loved one may need.

### **After Medically Necessitated Surgery**

Even if outpatient surgery is being performed, there are logistics in getting to and from the hospital, picking up prescriptions and transportation for post-operative visits. Then there's the recovery time at home when you shouldn't be alone, shouldn't lift or shouldn't drive. Plus don't forget all the instructions they discharge you with that must be followed meticulously to help speed your recovery. The first 24 hours after the day of surgery can be critical, and our trained Montrose senior caregivers can provide the peace of mind you need to reduce your stress.

If you're a senior recovering from a heart attack or stroke, your recovery time may be more prolonged. Let's admit it -- hospitals want to discharge patients as soon as possible, whether or not they are ready to go home. If you or a loved one temporarily needs to go to a rehabilitation or assisted living facility, our Montrose caregivers will be right by your side helping with your daily needs. Our home care agency will keep your family informed while coordinating your post-surgical care plan with doctors, physical therapists, occupational therapists or other healthcare professionals involved.

### **After Orthopedic Surgery**

As hip and knee replacements become more common, so too does the concern about sending patients home when they have limited mobility. Safety is a big issue. Our private caregivers are experienced in helping people bathe and dress, grocery shop, prepare meals, do laundry and more. The goal of FirstLight HomeCare Western Slope is to reduce your stress and discomfort during a time that is already stressful and potentially painful.

**After Cosmetic Surgery**

Chances are you chose a plastic surgeon very carefully. You deserve this same quality of care from your homecare agency. That's where FirstLight HomeCare Western Slope comes in, tending to your day-to-day needs at a time that is hard for you to go out in public! You want to recuperate in the privacy of your home but will need a helping hand so you don't overdo it. As scarring can be a looming problem, your movement will be limited – at FirstLight HomeCare Western Slope we'll watch over you.

**After Eye Surgery**

Whether you're having lasik surgery or cataract surgery, you need to relax afterwards with your eyes closed. You can't read, drive or lift heavy objects anywhere from days to weeks. You also have to follow a very strict regime with eye drops and eye medicines to prevent infections and post-operative complications. Our trusted caregivers can give you the attention you need to help expedite your recovery.

Recovering from surgery or an illness is fraught with anxiety and challenges. At FirstLight HomeCare Western Slope, we're here to make your recovery time as quick and painless as possible. We have extremely flexible home care plans, that are hourly, short term or long term. We're there for as little or as long as you need us, because your health and well-being is uppermost in our minds.