

## Part 5

# Planning to Go Home

You are now ready to go home. There are many things you may be thinking about. This part of the guide gives you information that you can use to plan your return home including:

- How to prepare
- How to take care of myself at home
- Who can help me at home
- Where to find support
- My follow-up visit

## Going home

Review what you learned from the videos on planning to go home after being in hospital by visiting our YouTube website:

1. Go to [www.youtube.com](http://www.youtube.com)
2. In the search bar, type in “UHN my surgery guide playlist”
3. Choose the top result in the list – “My Surgery Guide: Videos for UHN Surgery Patients”



## Preparing to leave the hospital

Your health care team will let you know when you can go home.

You will leave the hospital between 9:00 am and 11:00 am. **You must arrange for someone to take you home.** If you have any questions, talk with your surgeon, nurse or social worker before you go.

Before you go home, the nurse will give you instructions about:

- your recovery from your surgery
- your medications
- your follow-up appointment

If you do not have an appointment time, please call your surgeon's office.

We will give you a prescription for any medications you need. There is a retail pharmacy at each of our hospitals. Talk to the pharmacist on your unit for more information.



### **Remember:**

You might not be able to drive or take part in your usual activities for a while after your surgery. Talk to your surgeon about this.

# Taking care of myself at home

## What do I need to do once I am at home?

Your health care team will go over everything you need to know or do when you leave the hospital. They will write this information down for you or give you a special sheet with your instructions before you leave.

They may also ask you to show them that you are able to do new skills, like caring for your incision. This is a good time to ask any questions that you may have and to tell your health care team about your worries and needs. We will do everything we can to help you find the right services and supports that will help you manage at home after your surgery.

## Who can help me at home?

You may need help at home after your surgery. If you qualify, your nurse will call the Home and Community Care Coordinator to arrange services like nursing care, physiotherapy, or a social worker if you need them. This will be done before you go home.



## Resources for you

- 211 Guide to Social Services in the City of Toronto – home support, child care, and links to many health services  
Phone: 211 or go to the website: [www.211Toronto.ca](http://www.211Toronto.ca) or [www.211ontario.ca](http://www.211ontario.ca)
- Our Discharge Resource Specialist for TGH can answer some general questions you might have. Phone: 416 340 4800 ext. 5969

Or visit the UHN website for more information: [www.uhn.ca](http://www.uhn.ca)

You may also search our main website [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) site for other reliable health information that may help you recover at home.



## My follow-up visit: Dates and times to remember

It is important that you come back to your surgeon's office for your follow-up visit, if needed. We want to make sure that:

- You are recovering well from your surgery
- Your incision is healing
- You are managing your pain
- You have the support you need to continue to get better

### **My first follow-up visit:**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_

Phone number: \_\_\_\_\_

### **My second follow-up visit (if needed):**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_

Phone number: \_\_\_\_\_