

Stepping Stones to Home for _____ After Pectus surgery



What I need to know and do to get us ready to go home.

While in hospital, we can show you daily progress on Patient Care Guideline sheet.

We can say what is expected of us each day in the hospital.

We can tell you how we will manage pain at home.

We can tell you about the normal feelings of chest pressure after Nuss.

We can tell you who to call if we have a concern.

We can tell you when they can go back to school.

We can tell you about the PT/OT exercises to do each day.

We can tell you about medicines needed at home and how we will get them.

We can tell you about the activity plan and weight restrictions.

We can tell you how we will manage pooping at home.

We can tell you about follow-up appointments and MyChart survey.

We are ready to go home!



Stepping Stones to Home

Being in the hospital can be stressful for you and your child. Before you take your child home, we will work with you to plan for your child's discharge. We want to make sure you know what to do and how to do it. We will make sure you:

- Understand your child's condition, treatments, and medicines.
- Know what problems to look for, what to do, and who to call if you have questions or concerns.
- Feel ready to take your child home.
- Have an interpreter present if you need one.

This process will start when we first meet you. We will use this *Stepping Stones to Home* sheet. It helps us make sure you understand what is important to care for your child. Every circle is something you may need to know about.

We will talk about your child's care every day. We will ask you tell us about the items on the stones. We want to make sure we explained everything you need to know in ways you understand. If we are not clear, we will explain it another way.

If you don't understand something about your child's care, please ask. It is very important that you are comfortable and feel confident to take care of your child safely at home.

Notes or Questions
