



Starting Strong at Home

A simple, supportive guide for your first week after surgery.

Coming home after surgery can feel really good—but it can also bring a few unknowns.

The good news? You don't have to figure it all out at once. With a few small steps each day, you can build strength, confidence, and independence—right at home.

Start small—you're on the right track.

Recovery isn't about doing everything at once. It's about steady progress. Here's what matters most early on:

- **Follow your care plan.**
Your care team is here to guide what's safe and helpful.
- **Set up your space.**
Keep everyday items close and use any recommended equipment.
- **Focus on steady progress.**
Moving safely forward matters more than moving quickly.

Celebrate the small wins.

The little things? They're actually big milestones. You might notice progress like:

- Getting in and out of bed more easily.
- Walking to the bathroom with more confidence.
- Standing up from a chair with less help.
- Moving around your home more safely.
- Completing parts of your daily routine with less effort.

These moments mean your strength is coming back.

Daily habits can help you heal.

Healing happens through consistency. A few simple habits can make a big difference:

- Do your recommended exercises.
- Drink plenty of water.
- Eat nourishing foods, including protein when you can.
- Take medications or manage discomfort as directed.
- Rest when your body asks for it.

Some days will feel easier than others—and that's okay.

How family and loved ones can help.

Your support matters more than you might realize. Small ways you can make a difference include:

- Staying nearby when needed.
- Keeping the home safe and uncluttered.
- Encouraging routines and care plans.
- Speaking up or ask questions if something feels off.

It's natural to want to do everything to make things easier for those you care about—but independence is part of healing. Offer help when it's needed, and create space when it's safe.

When to reach out for support.

Trust your instincts—it's always okay to ask for help. Reach out if you notice:

- A fall.
- Increased pain.
- A change in condition.
- Difficulty meeting recovery goals.
- Questions about what's safe.

You're not alone in this.

Remember...

Recovery at home is a journey—one step at a time. There's no need to rush. What matters is that you're moving forward, safely and confidently.

We're here when you need us.

At Ethos, we're here to support you as you recover, rebuild strength, and feel more like yourself again—right where you're most comfortable. Our team is standing by, ready to help if you find yourself needing additional hands-on support—just call (701) 809-9319.