

Life after Liver Transplant

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The Transplant Team

- Surgeon/Hepatologist
- Pre-op (candidate) transplant coordinator
- Post-op transplant coordinator
- ICU/ transplant unit nurses/case managers
- Social worker/dietician/ physical therapist
- Transplant psychologist/behavioral health specialist
- Transplant financial advisor
- Your primary care physician (PCP)
- **YOU** – the most important person in your care!

Early Post-operative Period

- Intensive care unit - stabilize your condition
- Transplant unit – monitor your progress, learn medications, care for self
- Clinic visits
- Out-patient transplant center
- Length of hospital stay will vary
- Frequent laboratory monitoring

Medications

Protecting your transplant

Immunosuppressants:

Tacrolimus, Everolimus, Cellcept, Cyclosporin, Prednisone, Rapamune, Imuran, Thymoglobulin

Preventative medications:

Bactrim, Nystatin, Acyclovir, antacids, antibiotics

Other medications:

As prescribed by your hepatologist or primary care physician (such as medications for your diabetes, hepatitis, heart, thyroid)

Post-transplant Testing

- Transplant clinic visits
- Laboratory testing
- Regular visits with your primary care physician
- Regular dental visits
- Mammogram/Gynecologist/pap test/prostate screening (PSA)
- Ophthalmology visits
- Annual dermatology visit

Transplant Recovery

Goal: To return to a normal routine of activities, hobbies and work

- Healthy diet
- No alcohol use
- Daily exercise
- Regular sleep habits
- Positive attitude