

## URMC HEART TRANSPLANT EDUCATION



### **Role of your Primary Care Doctor**

It is extremely important for you to have a Primary Care Physician (PCP). If you currently do not have a PCP, we do require you obtain one. Following transplant, your primary care physician will manage any general health problems not related to transplant, immunizations, as well as manage any prescriptions for other disease processes such as insomnia, arthritis, diabetes, etc. Illnesses not related to your heart transplant, will not be managed by your transplant coordinator.

### **Dental Protocols**

Routine dental care is highly recommended following transplant. For the first year following transplant, antibiotics are required prior to dental work due to the higher doses of immunosuppression and increased risk of infection. After the first year, antibiotics will no longer be required.

### **Recovery and Relationships**

Recovery from surgery is a gradual process that takes time. Some people may experience periods of irritability, frustration and even depression as they attempt to resume activities of daily living after surgery. Sometimes speaking with another transplant patient or connecting with the on line transplant community can be helpful. Involving family in your recovery, accepting the post op limitations and setting positive, realistic goals also help as you adjust to life post-transplant. Speak with your coordinator if you experience significant stress, anxiety or depression.

Being intimate with your spouse or partner is a normal and important part of a healthy relationship. We recommend resuming sexual activity when you can climb a flight of stairs without getting short of breath. This is usually between six to eight weeks after your surgery.

## Birth Control

Women of childbearing potential should see their Obstetrician and gynecologist doctor within 3-6 months after transplant to discuss birth control options. Every individual will have different needs based on age, prior gynecologic history, and medical status, such as presence of high blood pressure, diabetes, or hears post-transplant.

Women who are transplant recipients and are considering having children should have a thorough discussion with their physicians, as well as their transplant coordinator, regarding risk on their health. Transplant poses special considerations that **MUST** be addressed.

Some patients may want to seek the advice of a generic councilor.

***Set realistic goals and celebrate your progress!***

