

WHAT WILL HAPPEN AFTER I LEAVE THE HOSPITAL?

Your liver is the only organ in the body that has the ability to regenerate (re-grow) itself. It is expected that your liver will grow back to its original size and function in approximately two months. It is unusual to have any long lasting problems related to your liver donation.

DISCHARGE FROM HOSPITAL

Once you are discharged from the hospital you will continue to see the transplant surgery team in the outpatient clinic at 403 East 34th Street, on the third floor. The phone number to the clinic is 212-263-8134. The first week after discharge you will be seen at the clinic and may have your staples removed. We will also review your lab work at this time. You will be followed closely for the first several weeks and then periodically as needed.

RETURNING TO WORK

Depending on your occupation, you will be able to return to work or school within 1-2 months after the surgery without restrictions. While you are out of work we will fill out disability papers if applicable.

MEDICATIONS

You will not be required to take any new medications after the surgery. You will likely be discharged on pain medication and a diuretic, a medication to help the body get rid of extra fluid build-up from the surgery. These medications are usually stopped within the first two weeks after surgery.

DIET

You will have no dietary restrictions after the surgery.

ACTIVITY

After you return home you should gradually return to your normal activities. You will be restricted from lifting objects heavier than 25 pounds until your incisions are fully healed (approximately one month). Avoid straining and heavy lifting for one month. Walking is advised and you are encouraged to gradually increase the distance each week.