

Post Transplant Well Being

For the Whole Family

It is natural to focus on your child's health after their liver transplant. But it's equally important to remember that life after transplant should be as normal as possible. Remember, taking regular medication and attending clinic appointments is normal for your Liver Kid and taking care of their health and well being can benefit the whole family.

CLINIC

Ongoing follow-up at clinic is important to make sure that the transplant is working well and that children are meeting their developmental milestones. Clinic is also a great opportunity to chat with other families and share knowledge and time with people who understand your experiences.

MEDICATIONS

Making sure your Liver Kid takes their medication is part of your daily routine. It's easy to set alarms on phones to remind you when medication is due. Where possible, why not take the opportunity to coordinate all members of the family to take medications, vitamins or supplements at the same time so that it is a regular part of family life.

SAFE FOOD HANDLING

Safe food handling is important to keep everyone in the family well. Always follow the cooking instructions on food packaging, adhere to 'best before' and 'use by' dates and store food appropriately. Make sure food is cooked thoroughly and served hot and always keep hands clean while preparing food.

PHYSICAL ACTIVITY

We all know that physical exercise is good for us. Some of the benefits are maintaining a healthy weight and reducing stress. Taking the time to go for a walk as a family is a great way to enjoy some time together and make sure you are all getting the health benefits of physical activity.

BE SUN SAFE

The Australian climate is harsh and everyone should be sun safe to minimise the risk of skin cancers. This is particularly true for transplant patients but the whole family should be aware of the UV index each day (download the Cancer Council Sunsmart App), always have sunscreen with them and remember to SLIP, SLOP, SLAP, SEEK and SLIDE!

