GUIDELINES FOR PREPARING YOUR HOME FOR YOUR RETURN AFTER TRANSPLANT

Your home will need to be thoroughly cleaned, focusing on areas that you will be living in or spending time in after your transplant. This should include vacuuming and dusting the week before you return home. The rugs should be shampooed and the drapes cleaned if this has not been done in the past year.

While you are recuperating, you will need help around the house, especially with cleaning tasks that may expose you to germs or fungus. Your caregiver should be able to help with the cleaning tasks or help find someone who can provide support.

DAILY CLEANING
The kitchen and bathroom must be cleaned daily for the first month after your discharge to prevent the growth of bacteria (mold and mildew), fungi, and viruses. Keep Lysol wipes in the bathroom to make it easy for someone other than you (the patient) to clean on a daily basis.

If you have well water, it should be tested for bacteria (for your safety). You should not go into areas that are likely to be damp (like the cellar, attic, and/or garage) and have increased mold (fungus or bacteria). If the basement is well-ventilated and has been “finished,” then you may spend time in it. You should avoid contact with all chemicals, including paints, aerosols, cleaning fluids, paint thinners, strippers, solvents, etc.

WEEKLY CLEANING
Once you are home, the house must continue to be cleaned weekly for at least the first few weeks after your return. Someone other than you (the patient) must do this cleaning. This weekly cleaning should include vacuuming and dusting, and a thorough cleaning of the bathrooms and kitchen. You should not be in a room when it is being cleaned and should wait at least 30 minutes before entering that room.

LAUNDRY
Laundry should be done using the warm water cycle. New clothes should be washed before you wear them. Since rashes are a common problem during and after the transplant process, we recommend that you always use the same detergent. If there is a baby in the house, all soiled clothes/diapers must be washed separately and should not be handled by you. If you must use a laundromat or central laundry area, run the machine through one cycle with one cup of bleach alone before washing any clothes.

OTHER
You should not handle or repot any plants in the house. Silk or dried flower arrangements with dried mosses as a base should be removed.

These are guidelines. Always follow the advice of your physician and care team.