

Transplant Patient Care



A transplant means replacing a diseased organ or tissue with another that functions properly. Immunosuppressive drugs are medications that block the response of the defense system. In the transplant patient, the medication reduce the body's ability to react against cells of the transplanted organ, these are used as prevention and treatment of possible rejection. The medication must be used from the first day of the transplant, for the rest of the patient's life.

After a transplant, the differences in the tissues of the donor and the recipient can cause the body's defense system to react against it, by recognizing the transplanted organ as foreign. To avoid this reaction, the patient should use the drug to reduce the risk of rejection, called immunosuppressive treatment.

What should you know about medication?

- Know the names of all the medicines you use.
- Use them as directed. Do not change or skip doses without checking with your doctor.
- Store them as recommended.

Higiene habits to prevent infections

- Perform your personal higiene daily. Brush your teeth and visit the dentist regularly.
- Wash your hands frequently.
- Keep your fingernails short and clean.
- If you have dry skin, use moisturizer.

During the first months avoid going to crowded places. Always wear your mask, avoid contact with people who show symptoms of infection.

Feeding

- Avoid fats to prevent the immune response from causing an increase in cholesterol.
- Wash all the fruits, well.

- Use bottled water and pasteurized milk.
- Take into consideration any dietary recommendation or restriction indicated by the doctor. Consult with a nutritionist.



Vaccination

Check with doctor when you can get vaccinated and which vaccines you should get.

Active life and exercise

After transplant, limit exercise and muscle tension. Once your doctor says it's safe, choose the safest and most convenient physical activity that will help you regain your strength.

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can manage with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801
TTY/TDD 1-844-347-7804



APS Healthcare

787-641-9133

References: <https://www.kidneyfund.org/es/la-donacion-de-un-rinon/la-vida-despues-del-trasplante-consejos-saludables-y-para-la-prevencion-del-rechazo>

Prepared by licensed Health Educators.
Revised in July 2022. ©First Medical Health Plan, Inc.