

Lifestyle Changes After Open Fetal Surgery

The guidelines below describe lifestyle changes you can expect after fetal surgery. There are also precautions that you will need to take in order to ensure a safe pregnancy.

Staying close to Ann Arbor:

- You and your family/support person should plan to stay near the University of Michigan Medical Center in Ann Arbor for approximately 2 weeks after discharge from the hospital
- You will have weekly appointments scheduled in the Fetal Diagnostic Center throughout the rest of the pregnancy

Always have another adult with you:

- You will need assistance with daily living needs such as:
 - Changing position
 - Assistance getting out of bed/walking
 - Preparing meals
- In case of an emergency

Activities:

General restrictions

- Travel is not recommended for the duration of the pregnancy
- Driving is not recommended at any time for the duration of the pregnancy

Limitations

- Minimal activity for the first week after surgery:
 - Rest
 - Sit up to eat meals
 - Get up to go to the bathroom
 - Stand up every 2 hours and walk a short distance to circulate your blood

- Lift nothing heavier than a gallon of milk
- You may very slowly increase activity after the first week
- Your activities should remain very restricted for the first 30 days after surgery
- Your activities will remain limited for the rest of the pregnancy

Medical follow-up

You will have weekly ultrasound appointments in the Fetal Diagnostic Center:

- You will need one of the wheelchairs located at the hospital entrance to travel to the Fetal Diagnostic Center. This distance would be considered too far to walk after open fetal surgery

In case of emergency:

- If you develop shortness of breath or have trouble breathing, have abdominal (belly) pain, or have extensive bleeding, you will need to be medically evaluated urgently:
 - If you are in the Ann Arbor area, contact the Birth Center Triage (9th floor) immediately at **(734) 764-8134** and come in immediately for an assessment
 - If you have returned home, the Fetal Diagnostic Center will determine the hospital nearest to your home with the ability to care for both you and your baby

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