

Prepare Your Home for Transplant

Because you will be at risk for infection for a period of time after your transplant, you will need to prepare your home to be safe for you. Your home will need to be carefully cleaned. Focus on areas that you will be living in or spending time in after your transplant. For example, do not worry about the attic or your basement if you do not spend time there. Cleaning should focus on the removal of any mold or mildew, especially in the bathroom.

Key preparations include:

- Vacuum and dust all rooms.
- Clean under all appliances.
- Remove plants (live and fake) from rooms you will be using.
- Shampoo wall to wall carpets if not done in the past year. Clean area rugs according to their instructions.
- Clean drapes and blinds if not done in the past year.
- If you have well water, have a bacterial study done.

Do not start any major construction projects prior to your transplant. These work areas can be dirty and are hard to keep clean. Your return home may be delayed if the project takes longer than expected.

It is important that your home be clean and ready for you immediately following your transplant. While it may be a good idea to have some help with this, a specialized cleaning company is not required.

■ Home Cleaning During and After Transplant

Below are guidelines for cleaning your home during and after transplant. **You should not do this cleaning yourself** as it 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

- Clean the shower stall, bathtub, toilet, and sink each day for the first month after your transplant to prevent the growth of bacteria (mold and mildew), fungi, and viruses.

Tip! Keep disinfectant wipes in the bathroom to make daily cleaning easy for your caregiver.

Weekly cleaning

- Vacuum all rooms.
- Dust all rooms.
- Do a thorough cleaning of bathroom(s) and kitchen.

Laundry

- Use the warm water cycle.
- Wash all new clothes before you wear them.
- Always use the same detergent. This will help reduce skin rashes, a common problem during and after transplant.
- If there is a baby in the house using cloth diapers, wash diapers separately from all other laundry. You should not handle dirty diapers.
- If using a laundromat or central laundry area, wipe the drum with disinfectant wipes (Lysol or other) and make sure there is no visible mildew prior to using.

Plants

- Remove plants (live and fake) from the rooms you will be using.
- Do not handle or re-pot any plants in the house.
- Silk or dried flower arrangements should not have dried mosses as a base.
- Dust silk or dried flower arrangements regularly.



Cleaning Reminders:

- You should not be doing the cleaning.
- You should not be in a room when it is being cleaned.
- Wait at least 30 minutes before entering a room that has just been cleaned to allow dust and strong smells to settle.
- Focus on the rooms you will be using.
- Do 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 your basement is well-ventilated and has been “finished,” you may spend time in it.
- Avoid contact with all chemicals, including paints, aerosols, cleaning fluids, paint thinners, strippers, solvents, etc.; they can cause nausea and trouble breathing.