

Discharge Video Library

HealthClips™ Video Library: allinahealth.healthclips.com



- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

You can watch the below videos or any video in the HealthClips library at any time. To search for a specific video, go to the main website, click on the magnifying glass and type in the video title.

Discharge Instructions



Watch this [video](#) to learn why discharge instructions are important to help keep you from a return hospital stay.

What is a Discharge Plan?



Watch this [video](#) to learn why it's important to understand and follow the instructions you receive during discharge.

Medications and Medical Devices



Watch this [video](#) to learn why it's important to take your medicines and use devices properly.

Your Care at Home: After Surgery



Watch this [video](#) to learn why it's important to take care of yourself after surgery.

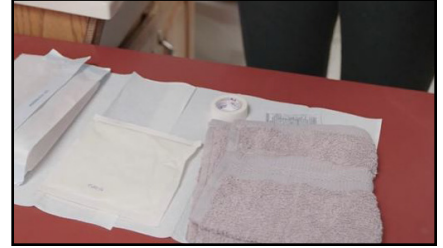
(over)

Incision and Wound Care



Watch this [video](#) to learn how to care for your surgery site.

Your Health Checklist:
Clean and Dress an Incision



Watch this [video](#) to learn how to clean your incision and put on a new dressing.

Eating Healthy at Home



Watch this [video](#) to learn how eating well can help you recover.

Returning to Activity



Watch this [video](#) to learn how activity can help you recover.