

# Recovery is a Verb

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**Bridging the Gap**

# Quick Notes

- My personal experience as a patient
- Recovery can be complex
- Increase awareness to help others

# What is Recovery?

- The **process** of recovering, restoring health
- Important due to complexities
- I experienced two kinds of recovery:
  1. from the procedure itself
  2. from the toll leaking had on my health



# My Experience with Recovery

- Meaningful first patch
- Multiple patch attempts & inconclusive imaging
- Leak finally found, surgically repaired early 2023



# Initial Post-Treatment Recovery

- Begins immediately
- Follow post-procedure instructions
- Radical rest
- Protect the integrity of the repair

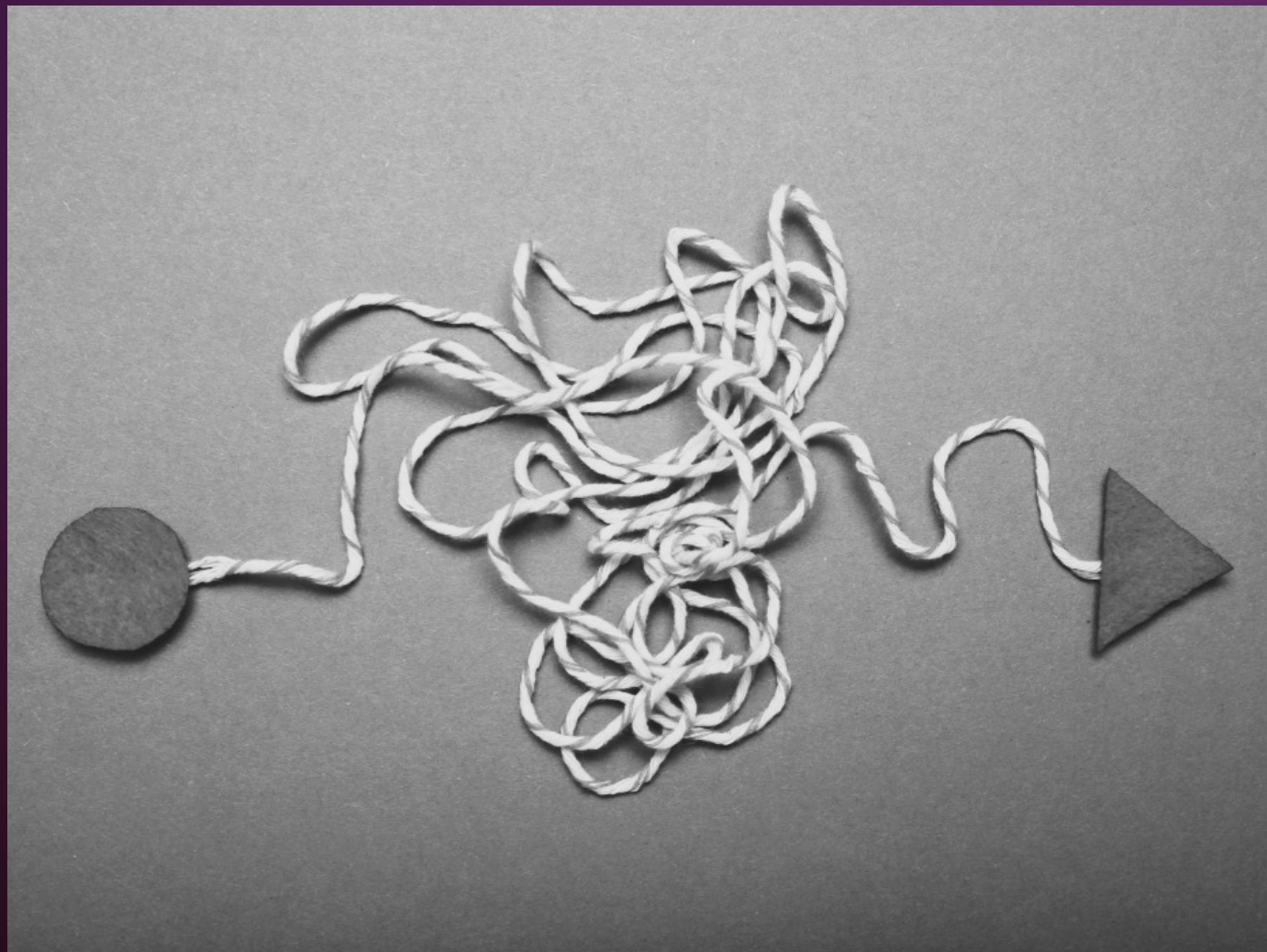


# Assessing Treatment Success

- Look for improvement of primary leak symptoms
- Use a journal to document symptoms, look for trends over time
- Progress is best observed by looking long term



# Managing Complications



- Can be difficult to differentiate symptoms
- Most common is rebound high pressure, but there can be others
- Comprehensive care would be more effective



# Extended Recovery

- Still navigating rebound high pressure, the effects of deconditioning, & co-existing conditions
- Continue to monitor & document symptoms, look for trends
- Activity modification





# Discovering New Normal



- Communicate & connect with support system
- Accept & adapt
- Appreciate the process & progress
- Powerful reconciliation to do

# Conclusion

- Recovery can be a complex process
- Increase awareness of the importance of recovery
- Goals for comprehensive care for supported & intentional recovery



**Thank you!**

