

Ramesh, 42

Three months ago, he received a **New Liver**

Today, his recovery depends not just on medicine,
but on the people who care for him every day



Swipe to see how healing continues at home



Family & Loved Ones Matter

Ramesh doesn't heal alone

- His wife reminds him about his **medicines**
- His daughter walks with him **every evening**
- His family helps keep **infections away**

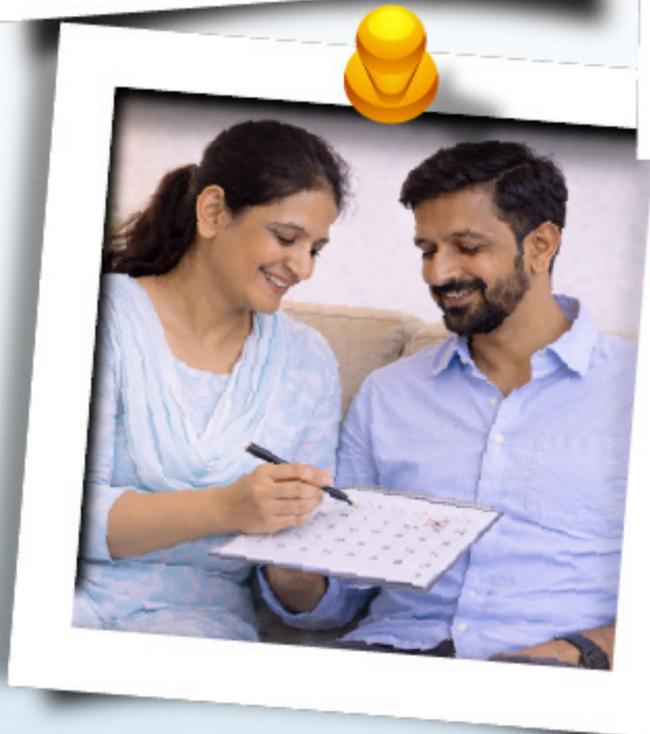
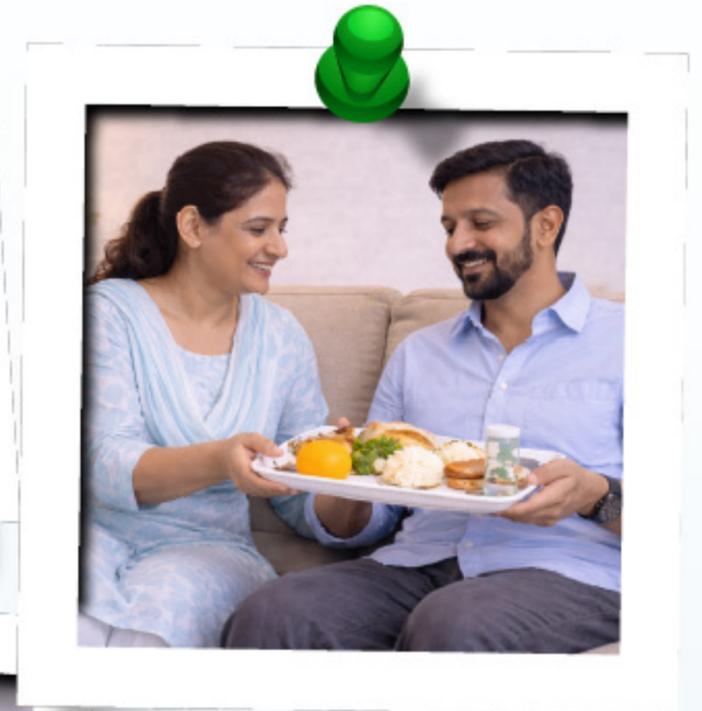


Family & loved ones are silent partners in recovery



The **L.I.V.E.R.** Promise

Five ways family & loved ones protect the new liver, every day



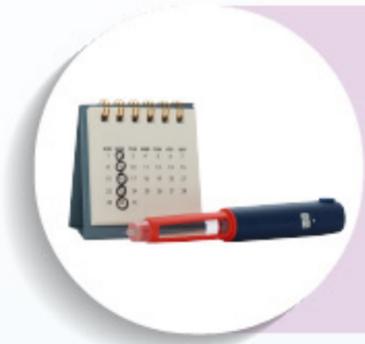
L.I.V.E.R. (Home Care Guide)



L **Lifelong medicines, on time**
Help Ramesh take every dose exactly as prescribed.



I **Infections, keep away**
Ensure clean surroundings, proper wound care, safe food, and take simple precautions like masks outdoors and cleaner indoor air.



V **Visits and tests never missed**
Regular follow-ups and blood tests catch problems early.



E **Eat right, every meal**
Fresh, well-cooked, high-protein food supports healing.



R **Resume activity slowly**
Daily walks first. Strength returns step by step.



What Loved Ones Should Help **Avoid**

Even when Ramesh feels better, his liver is still healing.



Alcohol, smoking, or recreational drugs



Raw food, street food, or buffet meals



Skipping or changing medicines



Heavy lifting or sudden intense workouts



Crowded places or sick visitors



A **Liver Transplant** Gives a Second Chance

Daily care is how we honour that gift



[Contact Liver Transplant Specialist](#)