

SCARSTORIES · A LITTLE COMPANY ON THE WAY

How did you handle the first family gathering?

Layla M. — caregiver to my dad · 5 Sep 2026

Question for other caregivers: how did you handle the first family gathering after the surgery?

We have a big family and everyone wants to cook for us, which is lovely, but the food is always loaded with salt and my dad is too polite to refuse. I'm thinking of just quietly bringing a dish he can eat. Any scripts that worked for you?

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.