

SCARSTORIES · A LITTLE COMPANY ON THE WAY

You can't pour from an empty cup

Layla M. — caregiver to my dad · 9 Sep 2026

To the caregivers here: it's okay to admit this is hard on you too.

My dad came home from his bypass and I spent two months terrified every time he napped too long. What helped: a shared notes app for meds, a printed list of warning signs on the fridge, and one evening a week that was mine, no hospital talk allowed. You can't pour from an empty cup.

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.