



## Recovery Plan After Heart Surgery

Your team of doctors and nurses has designed this plan of care that many patients are able to follow after heart surgery. **The plan will be individualized depending upon your health needs and recovery.** Discharge *typically* occurs on the third day after surgery. It is your right and responsibility to understand as much about your care as possible. If you do not understand or have questions or concerns about the following plan, ask your team. Your understanding of the recovery process, and your active participation in it, will help speed your healing after surgery.

	Day Before Surgery or Prior to Admission	Day of Surgery ICU	Day 1 After Surgery ICU
<b>Activity and Sleep</b>	<ul style="list-style-type: none"> <li>Walk independently</li> <li>Hibiclens shower in the evening</li> <li>Get a good night's sleep the night before surgery</li> </ul>	<ul style="list-style-type: none"> <li>Hibiclens shower in morning prior to surgery</li> <li>Once awake after surgery, sit on side of bed (dangle), then stand</li> <li>Sleep for short periods of time</li> </ul>	<ul style="list-style-type: none"> <li>Dangle &amp; stand 2-3 times</li> <li>Up in the chair for meals</li> <li>Arm, shoulder, leg exercises</li> <li>Bed bath</li> <li>Walk 75-200 feet with the Cardiac Rehab team</li> </ul>
<b>Treatment</b>	<ul style="list-style-type: none"> <li>Heart monitor</li> <li>Weight</li> <li>Hair on chest, abdomen, groin, and legs clipped prior to surgery</li> </ul>	<ul style="list-style-type: none"> <li>Heart &amp; blood pressure monitor</li> <li>Breathing tube &amp; machine; then oxygen mask/nasal tube</li> <li>Deep breathing &amp; coughing exercises 10 times every hour while awake</li> <li>Tubes into veins (IV), arteries, stomach, bladder, chest</li> <li>Daily weight</li> </ul>	<ul style="list-style-type: none"> <li>Heart monitor</li> <li>Oxygen by nasal tube</li> <li>Deep breathing and coughing exercises 10 times every hour while awake</li> <li>Remove tubes from stomach and arteries</li> <li>Daily weight</li> <li>Incision care</li> </ul>
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>Nothing to eat after midnight</li> </ul>	<ul style="list-style-type: none"> <li>Nothing to eat or drink until your breathing tube is out. Then ice chips, water</li> </ul>	<ul style="list-style-type: none"> <li>Sips of water, ice chips</li> <li>Advance diet as tolerated</li> </ul>
<b>Pain Control</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>IV pain medication</li> <li>Positioning for comfort</li> </ul>	<ul style="list-style-type: none"> <li>Switch IV pain medicine to oral pain medicine</li> </ul>
<b>Tests</b>	<ul style="list-style-type: none"> <li>Labs, chest x-ray, electrocardiogram, CT scan, &amp; carotid ultrasound</li> </ul>	<ul style="list-style-type: none"> <li>Lab tests</li> <li>Chest x-ray</li> </ul>	<ul style="list-style-type: none"> <li>Lab tests</li> <li>Chest x-ray</li> </ul>
<b>Teaching About Heart Surgery</b>	<ul style="list-style-type: none"> <li>Booklet on care before/ after surgery</li> <li>Practice deep breathing and coughing exercises</li> <li>Discuss pain management</li> </ul>	<ul style="list-style-type: none"> <li>Receive explanations about your progress</li> <li>Receive explanations about care</li> <li>Review use of deep breathing equipment &amp; coughing exercises</li> </ul>	<ul style="list-style-type: none"> <li>Learn about cardiac rehabilitation</li> </ul>

	<b>Day 2 After Surgery-ICU</b>	<b>Day 3 After Surgery-ICU</b>
<b>Activity and Sleep</b>	<ul style="list-style-type: none"> <li>• Up in chair for meals</li> <li>• Arm, shoulder, leg exercises 3-5 times</li> <li>• Walk 4 times today with nursing staff and/or Cardiac Rehab staff</li> <li>• Shower</li> <li>• Short naps during day</li> <li>• Awaken 1-2 times during night</li> <li>• Transfer to floor status but stay in the ICU</li> </ul>	<ul style="list-style-type: none"> <li>• Up in chair for meals</li> <li>• Arm, shoulder, leg exercises 5-10 times</li> <li>• Walk 200-300 feet, 4-6 times today with nursing staff and/or Cardiac Rehab staff</li> <li>• Shower</li> <li>• May sleep 6-8 hours at night</li> <li>• Receive cardiac rehab home exercises and activity program</li> <li>• Walk up and down short flight of stairs</li> </ul>
<b>Treatments</b>	<ul style="list-style-type: none"> <li>• Heart monitor</li> <li>• Deep breathing and coughing exercises 10 times every hour while awake</li> <li>• Oxygen may be stopped</li> <li>• Remove IV in neck</li> <li>• Insert capped IV (no fluids running)</li> <li>• Remove bladder catheter</li> <li>• Daily weight</li> </ul>	<ul style="list-style-type: none"> <li>• Remove chest tubes</li> <li>• Remove heart wires</li> <li>• Deep breathing and coughing exercises 10 times every hour while awake</li> <li>• Daily weight</li> <li>• Remove heart monitor and capped IV if you are being discharged home</li> </ul>
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Diet as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Diet as tolerated</li> <li>• Meet with the dietician today to discuss diet high in calories and protein for the next 4 weeks</li> </ul>
<b>Pain Control</b>	<ul style="list-style-type: none"> <li>• Oral pain medications</li> </ul>	<ul style="list-style-type: none"> <li>• Oral pain medications</li> </ul>
<b>Tests</b>	<ul style="list-style-type: none"> <li>• Labs and Chest x-ray</li> </ul>	<ul style="list-style-type: none"> <li>• Labs and Chest x-ray</li> </ul>
<b>Teaching about Heart Surgery</b>	<ul style="list-style-type: none"> <li>• Learn how to care for your incisions and dressings</li> </ul>	<ul style="list-style-type: none"> <li>• Review medication sheet and schedule</li> <li>• Discuss home exercises and activity</li> <li>• Discuss risk factor modifications</li> <li>• Diet education</li> </ul>
<b>Additional Teaching After Heart Valve Surgery</b>	<ul style="list-style-type: none"> <li>• Coumadin/Warfarin Teaching</li> <li>• Monitoring your INR (Coumadin level)</li> <li>• Bacterial Endocarditis Protection (taking antibiotics prior to seeing our dentist)</li> </ul>	<ul style="list-style-type: none"> <li>• Coumadin/Warfarin Teaching</li> <li>• Monitoring your INR (Coumadin level)</li> <li>• Bacterial Endocarditis Protection (taking antibiotics prior to seeing our dentist)</li> </ul>

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*