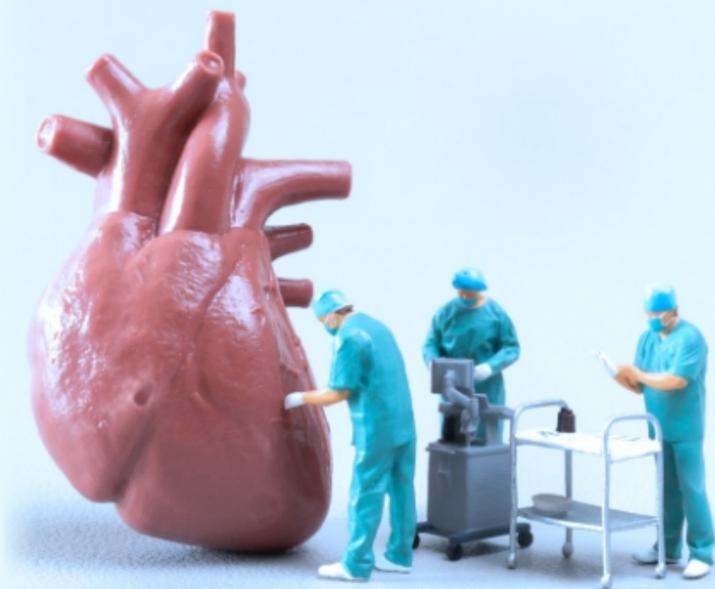


Care After Heart Surgery



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Senior Cardiovascular & Thoracic Surgeon

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Care after Heart Surgery

1. It will take 2-4 days to go home from the safe environment of the hospital and recover very well.
2. Resting during the day after going home, especially after eating or after a long walk. Arrange the time etc. according to your convenience.
3. Some days will be good and some will be bad. Pay more attention to weekly progress than daily progress as the healing process is slower.
4. Smoking or consumption of tobacco in any form is prohibited.

5. It will take time to get normal sleep as before, so don't panic, it happens sometimes.
6. Your appetite and concentration will improve in the next four weeks. Sometimes you will feel panic in breathing, at that time you should stop what you are doing and take a deep breath.
7. If there is occasion to sit for a long time, keep the feet on a stool or a tipoi and move the feet up and down.
8. If you sometimes get bored or depressed don't get upset. It is normal. It will gradually improve.

9. If you have been advised to wear long socks, you should wear them during the day for four weeks and remove them at night while sleeping.
10. It is natural to feel pain in the chest between the shoulder blades and between the two shoulder bones. It will gradually go away in eight to ten weeks. Leg wounds are sometimes more painful than chest wounds, which is normal. At that time 500 mg of paracetamol. Taking gram power pills. This pill can be taken up to ten pills a day if needed, but only when needed.

11. Do not be alarmed if liquid like water or blood sometimes comes out from the chest or leg wound. This is normal and does not require treatment.
12. No lifting of any load or heavy object for twelve weeks. Do not pull or push.
13. You will be able to go back to your job / work / profession in six-eight weeks. But till then work in a light manner so as not to feel tired. After 3 months you will be able to do heavy business or job after consulting the doctor.
14. Do not eat fried, fatty and high cholesterol foods.

15. Walk for 10 to 15 minutes in the morning or evening as per your doctor's advice and gradually walk for an hour twice a day after four to six weeks.

The basis of walking is up to you, but remember that walking is mandatory. The aim is to lead you to a normal life within three months.

16. Aspirin and clopidogrel tablets should be continued for life after bypass surgery, unless side effects occur. This pill keeps the bypass tube open for longer.

17. Do not drive without a doctor's advice, only the doctor will advise when to start it. Usually the doctor gives permission after about 10-12 weeks.
18. If you have a habit of drinking alcohol, you can take it in very small quantity as per doctor's advice. No need to take or start if not used.
19. Don't forget to get your blood prothrombin time checked if you are taking warfarin.

Your prothrombin time should be between 2 and 2.5. This hospital has 24 hours facility for this examination.

20. Hold the chest by placing a pillow on the chest while coughing and sneezing for a period of up to six weeks.
21. After six weeks you can start light sports and sexual life. Strenuous sports should not be played for twelve weeks.
22. Preparing a list of questions to ask when going back to the doctor for a check-up. So that important things are not forgotten. Also carry a list including the quantity of medicines taken. Keep your entire file with you.

Food & Nutrition

After surgery, it is common to experience a temporary loss of appetite, which will improve over time.

Maintaining a regular, nutritious diet is crucial for a speedy recovery and long-term health.

Caffeine: You can have coffee or tea, but limit it to no more than two cups a day. Avoid non-dairy creamers, as they contain high levels of saturated fat. Instead, opt for non-fat powders, milk with less than 1% fat, or skimmed milk. Tea or coffee without milk is a healthier choice, as high caffeine intake can increase your heart rate.

Fiber-Rich Foods: Your diet should be rich in fiber, which can include raw salads, fruits, green leafy vegetables, and whole grains.

Oils and Fatty Acids: Use two or more types of oils in your diet to get a balanced ratio of different fatty acids. Including fish in your meals is beneficial, as it provides omega-3 fatty acids.

Foods to Avoid:

Junk foods such as sweets, chocolates, cakes, pastries, ice cream, and fried foods should be avoided.

Also, **Carbohydrate-rich drinks**, alcohol, sugary foods, and items like soda should be completely eliminated from your diet.

Animal Products: Avoid meats that are high in saturated fat, and be cautious with seafood, as it contains high sodium levels, which can be problematic for patients with high blood pressure.

Coconut: Coconut can be included as it is a good source of saturated fatty acids and provides stable energy.

Eating Out: It's best to avoid eating out, as restaurant foods are often high in fat.

Hydration and Digestion:

To prevent indigestion, make sure to drink plenty of water and include fiber in your diet.



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