

Coronary Artery Bypass Graft & Heart Valve Surgery

Patient & Family Guide

Patient and family teaching is done throughout your hospital stay. You are given information on diet, activity, care and protection of your sternal incision, medications, and coping at home after discharge.

The dietitian, social worker, occupational therapists, physiotherapists, nurses and doctors are available for support and information during your hospital stay. As you receive information handouts, please read them, keep them handy during your stay and take them home with you.

PreAdmission Clinic

- You will visit the PreAdmission Clinic before your scheduled heart surgery.
- At the Clinic you will see an anaesthetist, have a CXR, ECG, and bloodwork.
- A nurse will take your history and show you a video about your hospital stay.
- You will be asked to purchase one package of antiseptic body wipes (SAGE® 2% chlorhexidine gluconate) which can be purchased from Shoppers Drug Mart at 2730 Oak St. (on the main floor of Gordon and Leslie Diamond Health Care Centre)

Night before Surgery

- Take your medications as ordered by the doctor.
- Nothing to eat or drink after midnight.
- Use the antiseptic cloths as instructed.

The following information reflects the typical hospital stay after heart surgery.

Day of Surgery

- You will go to surgery from the Same Day Admission Clinic where you check in.
- You will go to the Cardiac Surgery ICU (CSICU) after surgery.
- The surgeon will contact your family after surgery (in the waiting room or at home).
- You will be on bedrest with frequent turns from side to side with the nurses' help.
- As you wake up, you will have a breathing tube in place. It will be removed as soon as possible. Usually within 4-6 hours.
- A tube will be in your bladder to drain your urine.
- A nurse will give you intravenous (IV) medication regularly to relieve your pain (let your nurse know if you have pain)
- Family members are allowed short visits in the CSICU.
- A nurse will be with you at all times.

Day after Surgery (Post op day 1)

- The breathing tube will have been removed and you can talk.
- You will be given oxygen by prongs in your nose.
- You will wear a portable heart monitor
- Your nurse will give you pain medication regularly (tell your nurse if the medication does not work).
- Drainage tubes and some IV lines will be removed.
- Do deep breathing and coughing exercises every hour.
- You will start to eat regular food and drink fluids, ask your nurse how much is allowed.
- Your medication will be changed to pills.
- You will sit up and stand at the bedside with the nurses help and sit in the chair.
- You will be transferred to the ward.
- You start to take short walks with help.
- A target discharge date will be identified

Day Two After Surgery (Post op day 2)

- You will have a chest x-ray, blood test and ECG.
- You will be given a regular diet to eat.
- Your weight will be taken before breakfast.
- Continue with your deep breathing and coughing exercises.
- You will be given pain pills on a regular basis, let your nurse know if you are having pain.
- Your nurse or patient care aide will help you wash.
- Sit in a chair for meals and will take longer walks (for at least three times a day) with help.
- You will attend a physiotherapy exercise and education class
- You may require oxygen.
- You will be wearing a portable heart monitor.
- The IV line in your neck will be removed.
- You will have an IV in your arm.
- The tube in your bladder draining urine will be removed.

If you have had Valve Surgery:

- You may start taking anticoagulant medication (warfarin) which is a blood thinning medication.
- You will have a blood test (INR) done very morning.

Day 3 After Surgery (Post op day 3)

- You will have a blood test, ECG and chest X-ray.
- You will be given pain pills on a regular basis, let your nurse know if you are having pain.
- You will be weighed before breakfast.
- Your oxygen may be discontinued.
- You will receive a laxative if needed.
- Wash in the bathroom or shower with help.
- You will walk in the hall 3 times with help and continue to attend the physiotherapy exercise and education class.
- You and your family will watch the “Going Home After Heart Surgery” video.
- Continue your deep breathing and coughing exercises.
- You will start planning for going home. Let your nurse know if you will need help at home.
- Make plans with your family regarding transportation home.
- Practice getting in and out of bed on your own. Ask your nurse or physiotherapist if you are not sure how to move safely to protect your sternal incision.

Day 4 After Surgery (Post op day 4)

- You will be weighed before breakfast.
- Continue walking in the hallway as tolerated.
- You will continue to attend exercise class (Monday to Friday) and walk up and down the stairs with the physiotherapist.
- Wash in the bathroom on your own or shower with help.
- You will still be wearing a heart monitor.
- You will be given pain pills on a regular basis, let your nurse know if you are having pain.
- You will continue on regular food and possibly be placed on a fluid restriction.
- You will confirm the arrangement(s) for transportation home. Discharge time is between 9 – 11 am.
- Your nurse may remove your staples and sutures in your incision.
- Your doctor may remove the purple wires in your chest. You will need to stay in bed for 30 minutes.
- You will receive a laxative if needed.
- You and your support person may be taught to change a simple dressing at home.
- If medically stable, you may be going home on day 4.

Day 5 After Surgery (Post op day 5)

The goal for going home after heart surgery is on day 5. Do not think you are very sick if you stay longer because some of you may need an extra day or two before going home.

- You will have bloodwork, a chest X-ray and ECG.
- You will be weighed before breakfast.
- The IV in your arm will be removed.
- Your heart monitor will be removed.
- Ask your nurse for pain pills as you need it.
- You will receive information to help you manage at home.
- You will receive a prescription to fill out at your pharmacy and instructions on how or when to take your medications
- You will also receive instructions on any follow-up appointments.
- If your transportation home is after 11 am, you may be asked to wait in the patient lounge.

Discharge!
Congratulations!

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The information in this document is intended solely for the person to whom it was given by the health care team.

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