

## Home Recovery Guide: Heart Surgery

<b>Activity and Breathing Exercises</b>	<b>Stay Active</b> → Shoulder exercises → Walking	<b>Breathing Exercises</b> → 4 to 5 times during the day → 10 breaths each time	<b>Rest</b> → Plan rest times during the day → Rest with your feet at the level of your heart
<b>Eating Healthy</b>	<b>Heart Healthy Meals and Snacks</b> → Try high protein drinks if you aren't very hungry yet. Eating 3 small meals and snacks are easier than 3 large meals		
<b>Medicine</b>	→ Take your medicine on time → Take pain medicine: <ul style="list-style-type: none"> <li>• before activity</li> <li>• at bedtime</li> <li>• as needed</li> </ul>	<b>Follow-Up Appointments</b> Family doctor within 1 week: _____ Heart surgeon: _____ Cardiologist (heart) doctor: _____ Cardiac Rehab program: _____	
<b>Caring for Yourself</b>	→ Shower every day → Check your incisions	<b>Protect Your Breastbone</b> → "Keep Your Move in the Tube" guidelines	<b>Limit Visitors</b> → 2 to 3 people at a time → only 30 minutes at time → end or cancel a visits when you feel tired
<b>When to Call the Doctor</b> <small>(continued next page)</small>	<b>Infection</b> → Your temperature is over 38.5°C, you feel sick, or your muscles ache → Your incisions are warm to touch, burn, smell bad, are red, swollen, tender, or change in drainage amount or colour	<b>Chest</b> → Your chest hurts or hurts more especially when you take a deep breath → You're short of breath or having trouble breathing	<b>Other</b> → Your heartbeat doesn't feel regular → You gain 3 pounds (1.5 kg) in 3 days → Your ankles are swelling → Your arms or legs feel numb or weak → Your eyesight is getting blurry

<b>When to Call the Doctor</b>	<b>Angina</b> → If your angina symptoms seem to be back - rest, take your nitroglycerin and call your doctor	→ You're coughing up mucous or more mucous → The mucous turns green or yellow	→ You have bleeding or bruising you can't explain (includes blood in your stool)
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**Last reviewed:** December 2023

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