

Home Recovery Guide

Activity and Breathing Exercises	Stay Active → Shoulder exercises → Walking	Breathing Exercises → 4 to 5 times during the day → 10 breaths each time	Rest → Plan rest times during the day → Rest with your feet at the level of your heart
Eating Healthy	Heart Healthy Meals and Snacks → Try high protein drinks if you aren't very hungry yet. Eating 3 small meals and snacks are easier than 3 large meals		
Medicine	→ Take your medicine on time → Take pain medicine: <ul style="list-style-type: none"> • before activity • at bedtime • as needed 	Follow-Up Appointments Family doctor within 1 week: _____ Heart surgeon: _____ Cardiologist (heart) doctor: _____ Cardiac Rehab program: _____	
Caring for Yourself	→ Shower every day → Check your incisions	Protect Your Breastbone → follow healthcare team advice about the best ways for you to move after surgery	Limit Visitors → 2 to 3 people at a time → only 30 minutes at time → end or cancel a visits when you feel tired
When to Call the Doctor	Infection → 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 drain yellow fluid Angina	Chest → Your chest hurts or hurts more especially when you take a deep breath → You're short of breath or having trouble breathing → You're coughing up mucous or more mucous → The mucous turns green or yellow	Other → 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 → You have bleeding or bruising you can't explain (includes blood in your stool)

	→ If your angina symptoms seem to be back - rest, take your nitroglycerin and call your doctor		
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