



HEART SURGERY DISCHARGE ADVICE



PHONE CALLS & APPOINTMENTS

See your GP within 3 days for a check-up and to renew your medications
See your heart surgeon in 6 weeks- check that an appointment has been made
See your cardiologist in 6 weeks- check that an appointment has been made
*You may need to make your own appointments depending on the time of discharge
Cardiac rehab is free at all hospitals and should start 2 weeks after discharge home



ACTIVITIES

Don't overdo it- take your time and rest as needed- nap for 1-2 hours each afternoon
Get out of bed, get dressed and shower each day.
Walk for at least 5 minutes, four (4) times each day with someone
Follow the guidelines for each week attached- start at week 1
Attend cardiac rehab to help recover, become stronger & active Ph: 9845 6787



WOUND CARE AND PAIN

Leg stitches may be removed in hospital or by your GP (usually stay in for 7 days)
Diabetics often need longer to heal and their stitches stay in for 10 days or more
Wear your stockings for 4 weeks (worn in the day time, may come off at night in
Occasionally betadine and pads and stockings are needed if there is fluid ooze
Chest- usually no dressing needed. Do not apply creams and avoid clothes that rub
Ladies wear a soft bra to support the chest/breast bone healing
Most patients do not require analgesia beyond 2 weeks post-surgery
Gentle massage and heat packs may assist with shoulder & back pain
See your Doctor promptly for fevers or any wounds that are red, painful or oozing



HOME HELP – FAMILY AND FRIENDS

You do need help with some things for about 4- 6 weeks
Arrange to have family or friends stay with you at night for the first week
Sleep is sometimes unsettled and you may feel more confident with company at night
If you are home alone- ask friends to visit each day and stay while you walk
Ensure someone helps with meals, house cleaning, washing and transport
If you need help with home chores long term contact your Homecare 1300 303 770



KEEPING WELL

Eat well, get regular exercise and be active, avoid smoking
Take your medications as prescribed and get regular check-ups
Look after any health problems you have such as diabetes
Keep in touch with family and friends
Tell someone if you are not feeling well