

POST-SURGERY FOLLOW-UP APPOINTMENT

Only for patients scheduled to meet their surgeon again:

- Upon discharge from the hospital your name is added to your surgeon's appointment schedule;
- The wait time can be up to 6 months;
- You will be called less than one week before your appointment.
- For information regarding your appointment: 514-376-3330 ext. 2522, option 2

IN CASE OF EMERGENCY

EMERGENCY #911

INFO-SANTÉ #811

- For any concerns regarding your health condition [SERVICE OFFERED 24/7]

FOR MORE INFORMATION

PHARMACIST (from your regular pharmacy)

- Pain relief
- Questions regarding your medication
- Persisting constipation > 5 days despite prescribed treatment
- Issues with your oral anticoagulants (Coumadin)

FAMILY PHYSICIAN

- Issues with oral anticoagulants (Coumadin)
- Your medical follow-up

SYSTEMATIC FOLLOW-UP 514-376-3330 #4062

- For any concerns regarding your health condition related to your cardiac surgery [Mon to Fri: 7:30 -3:30 pm] WE WILL RETURN YOUR CALL WITHIN 2 BUSINESS DAYS



INSTITUT DE
CARDIOLOGIE
DE MONTRÉAL

AFFILIÉ À
Université
de Montréal



Basic Guidelines Following Cardiac Surgery

PAIN RELIEF

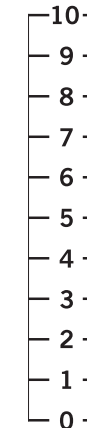
DURING YOUR HOSPITAL STAY...

Your pain must be relieved and you must feel comfortable at all times:

- During the first days following surgery, you will regularly be given analgesics, and later upon request – even during the night;
- It is important that you do not endure pain;
- The healthcare workers will evaluate your pain on a 0 to 10 pain scale.

[Did you know]

THERE IS NO RISK OF DEVELOPING A DEPENDENCY TO PAIN MEDICINE – BUT PAIN CAN DELAY YOUR RECOVERY



BACK HOME...

- The average length of hospital stay is 4-5 days after surgery.
- Prepare for your discharge home: help, transportation, meals, etc.

AFTER HOSPITAL DISCHARGE...

At the beginning of your convalescence:

- Take your pain medicine regularly: in the morning, at lunchtime, in the evening, when going to bed and, if needed, during the night.

[Did you know]

YOU CAN TAKE TYLENOL (ACETAMINOPHEN) TOGETHER WITH YOUR PRESCRIBED ANALGESICS (MORPHINE, DILAUDID...) WITHOUT ANY RISK.

MOBILITY



THE BORG SCALE

© Jean Jobin, 1993, Revised 1998, Adapted from: Med & Science in Sport Exercise, 1982. Hôpital Laval

DURING YOUR HOSPITAL STAY...

- Depending on your state, we will help you stand up as soon as possible
- You will quickly be made to walk
- This is the key for resuming your AUTONOMY
- Everything must remain easy (between 0 to 2 on the BORG scale)

[Did you know]

MOBILITY ENHANCES RESPIRATORY FUNCTION AND YOUR GENERAL STATE

RESPIRATORY

SPIROMETRY EXERCISES

- Take a deep breath
- Hold for 3 seconds
- Repeat exercise 10 x/hour



- When coughing
- When laughing
- When sneezing

[Only]

WOUND CARE

WHAT SHOULD YOU LOOK OUT FOR?

- Purulent discharge (thick beige, yellow or green)
- Increasing redness or localized heat
- Wound opening
- Fever
- Unpleasant smell

See "IN CASE OF EMERGENCY" section

- Wash, rinse and dry the wound daily



RECOMMENDED
day after



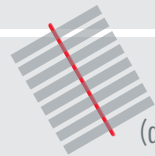
UNTIL WOUND HEALING



NO PERFUME, CREAM OR POWDER

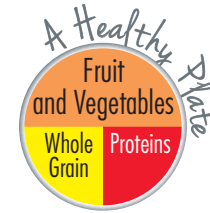
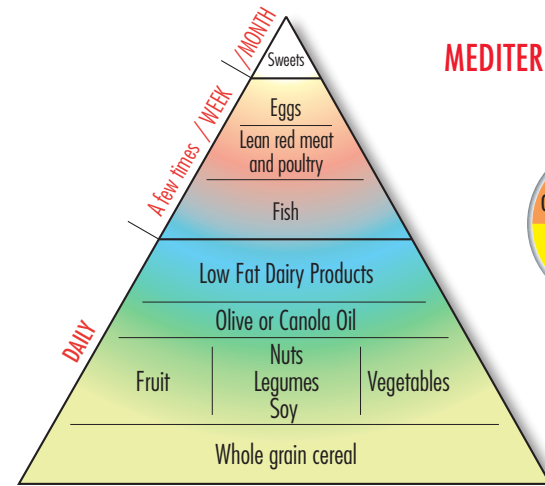
[Did you know]

SWELLING OR BLISTERING ABOVE THE STERNAL WOUND:
NORMAL FOR 6-8 WEEKS



WOUND CLOSURE SUTURES
(adhesive skin closures on the wound):
TO BE REMOVED AFTER 5 DAYS

FOOD



Dial 7 7 7 7 TO FIND OUT THE MENU
3 4 3 8 TO LEAVE A MESSAGE

TO RELIEVE CONSTIPATION



[Did you know]

IF YOUR DOCTOR SET A LIMIT FOR FLUID INTAKE
(water, juice, soup, milk, alcohol, tea, coffee...), RESPECT IT

ALCOHOL INTAKE



PER DAY



[Did you know]
NOT BEFORE 6 WEEKS
BEWARE OF MIXING ALCOHOL
AND MEDICATION

NO DAILY DRINKING

RESUMPTION OF PHYSICAL ACTIVITY

[Criteria]

- Easy (0-2 on BORG Scale)
- No dizziness
- No risk of falling
- Sternotomy: ≤ Arm lifting restricted to 10 lbs during 8 weeks
No sternal pain
- Post MIS: From the beginning, 5-10 lbs/week can be incrementally added
No restriction
Gradually increase your activity while respecting your pain



RISK OF FALLING

ARMS



MAX

MAX 10 LBS

No lawn mowing/shovelling

- Wait 1 hr after eating
- Alternate periods of rest and effort
- Do not lie down after an effort
- Spread your activities over the whole day
- Save the most demanding activities for when you are well rested

RESUMPTION OF WORK AND FITNESS TRAINING

ACCORDING TO MEDICAL ADVICE

EDEMA (SWELLING) OF THE LEGS



[Did you know]

NORMAL DURING THE FIRST 8 WEEKS AFTER SURGERY

AVOID: TIGHT-FITTING CLOTHES/SOCKS AND STANDING STILL

DRIVING



4-6 WEEKS
DEPENDING ON SURGERY

[Did you know]

THE WAITING PERIOD BEFORE DRIVING
IMPOSED BY YOUR INSURANCE COMPANY
MAY DIFFER; PLEASE CHECK

TRAVEL

- Depending on the surgeon's advice, in the 2 months following surgery
- Check with your insurance company
- Move your lower limbs: 15 min / 2 hr travel (ex: car, plane, etc.)



SEXUAL ACTIVITY

- When you are ready
- Choose positions where you do not have to put weight on your arms
- Same criteria as for resumption of physical activity