

## CONTACT INFORMATION

### IN CASE OF EMERGENCY, DIAL **911**

#### • Consult your pharmacist

- > Questions regarding your medication
- > Persistent constipation for more than 5 days
- > Problems regarding your oral anticoagulants (blood thinners - Coumadin/Pradaxa)

#### • Consult your family doctor or cardiologist

- > Pain that increases when you take a deep breath
- > Persistent but controllable bleeding
- > Calf pain that increases with foot extension
- > Temperature greater than 38°C, twice in one day
- > 1-2 pound weight gain in a 24 hour period
- > Your usual medical follow-up

#### • If you have other questions regarding your health

You can call the "suivi post-opératoire 30 jours" at **4062**.

\* Call back within 48 business hours\*.

Calls are only accepted within 30 days from your surgery date, unless your call is regarding a wound infection.

For all questions regarding wounds, please send a photo to: [chirurgie.ss@icm-mhi.org](mailto:chirurgie.ss@icm-mhi.org)

#### • For all other concerns and outside of business hours: dial **811**



 **INSTITUT DE  
CARDIOLOGIE  
DE MONTRÉAL**

**AFFILIÉ À**  
**Université  
de Montréal**

## YOUR RECOVERY

INFORMATION  
following cardiac surgery

## RETURNING HOME

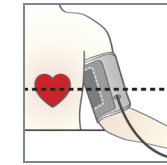
- The average hospitalization is 3-5 days.
- As of the 2nd day after your surgery, plan for your return home: help, transport, meals, etc.
- Before leaving the hospital, don't forget to:
  - Give your insurance papers to the 3eCentre Administrative Assistant
  - Ask for a medical certificate for your employer

- Once home, it can be useful, but **not obligatory** to have:

A blood pressure machine  
(also monitors heart rate)

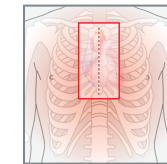
A thermometer

A scale

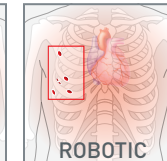
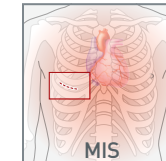


## YOUR RECOVERY PERIOD

- **STERNOTOMY**  
**3 MONTHS**



- **MIS**  
(minimally invasive surgery)  
**/ROBOTIC**  
**2 MONTHS**



## PAIN MANAGEMENT

Refer to the pamphlet "Pain Relief" that was given to you by the pain management nurse.



## WOUND CARE

### WHAT SIGNS DO I LOOK OUT FOR?

- Oozing pus (beige, yellow or thick green)
- Increased redness or localized heat
- Opening of the wound/incision
- Fever greater than 38°C (taken orally)
- Foul odour

➤ If you have any signs of infection, call **4062**

Send a photo of your wound to: [chirurgie.ss@icm-mhi.org](mailto:chirurgie.ss@icm-mhi.org)

- Wash, rinse and pat dry your wound daily



RECOMMENDED  
THE DAY AFTER  
if sternotomy



NO POOLS OR BATHS  
UNTIL THE WOUND IS COMPLETELY CLOSED

Wash with  
non-scented soap

NO PERFUME, CREAM OR POWDER

SWELLING AT THE TOP OF THE STERNAL WOUND:  
NORMAL FOR 6-8 WEEKS



STERI-STRIPS  
(self-adhesive strips on the wound):  
REMOVE THEM in the shower  
if they have not fallen off after 10 days

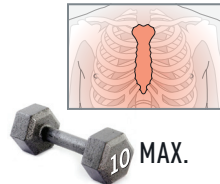
## RECOMMENDATION FOR PHYSICAL ACTIVITY

- Needs to be easy (between 0-2 on the BORG scale)
- Effort should not provoke discomfort
- Avoid activities where there is a risk of falls (ex: bicycle riding outside)
- Increase the frequency and the distance of your walks on a daily basis. This is key to returning autonomous.
- Wait 1 hour after eating a meal
- Alternate between rest and effort
- Do not lie down after any effort
- Distribute your activities to be done throughout the day
- Do the most demanding activities when you are rested

## STERNOTOMY

During the first 8 weeks, you must avoid activities that exert pressure on the sternum, such as:

- Lifting objects more than 10 pounds
- Pushing or pulling heavy objects
- Forcing with your arms above your head
- No shovelling snow, no mowing the lawn



After 8 weeks:

- Progression of 5-10 pounds per week
- Gradually resume your sports and leisure activities

## MIS/ROBOTIC

Upon your return home, there are no restrictions, as long as the movements do not cause any pain or discomfort. A progression of 5-10 pounds per week is allowed.

## SEXUAL ACTIVITY

- When you feel ready
- Sternotomy: adopt positions that do not put pressure on your arms

## BORG SCALE

	0 NOTHING AT ALL
	0.5 VERY, VERY SLIGHT
	1 VERY SLIGHT
	2 SLIGHT
	3 MODERATE
	4 SOMEWHAT SEVERE
	5 SEVERE
	6
	7 VERY SEVERE
	8
	9 VERY, VERY SEVERE
	10 MAXIMUM

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## EDEMA (SWELLING) OF THE LEGS

RAISE YOUR LEGS



NORMAL DURING THE FIRST 8 WEEKS FOLLOWING YOUR SURGERY

**AVOID: tight socks/clothing, standing in one spot, crossing your legs**

IF PERSISTS AND SURPASSES MORE THAN 8 WEEKS: consult your family doctor or cardiologist

## MOBILITY

Mobility improves your respiratory function and your overall condition.

Protect your sternum:

- When coughing
- When laughing
- When sneezing



## DRIVING

- Do not drive during the first 4 weeks following your surgery, unless otherwise indicated



## TRAVELLING

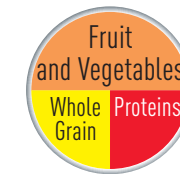
- According to your surgeon's recommendations, within 2-3 months of the surgery
- Verify with your insurance company

## NUTRITION

- Recommended diet is Mediterranean.

For more information, consult the:

- Canadian Food Guide <https://guide-alimentaire.canada.ca/>
- EPIC Center/Montreal Heart Institute [www.icm-mhi.org/en/prevention/adopt-healthy-lifestyle](http://www.icm-mhi.org/en/prevention/adopt-healthy-lifestyle)



## ALCOHOL CONSUMPTION



PER DAY



NOT BEFORE 6 WEEKS OR AS ADVISED BY THE PHARMACIST BE CAREFUL WITH THE MIX OF ALCOHOL AND MEDICATION

**NO DAILY DRINKING**

## RELIEVE CONSTIPATION

Pain medication can cause constipation. Try to:

- 1 INCREASE:** exercise, fluid intake, consumption of fruits, vegetables and whole grains



IF YOU HAVE A LIMIT ON FLUID INTAKE (water, juice, soup, milk, alcohol, coffee, tea...) RESPECT IT.

- 2 LAXATIVES**

IF CONSTIPATION IS PERSISTENT consult your pharmacist or family doctor.

## POST-SURGERY FOLLOW-UP APPOINTMENT AND DOCUMENTATION

- When you are discharged, you will be automatically placed on the appointment list with your surgeon.
- There can be up to a 3 month delay.

> Contact your surgeon's secretary at 4062 if you:

- Need information regarding the appointment with your surgeon
- Need to extend your recovery period beyond 3 months
- Have questions related to your insurance papers (they will be sent to you by mail within 3 weeks)