

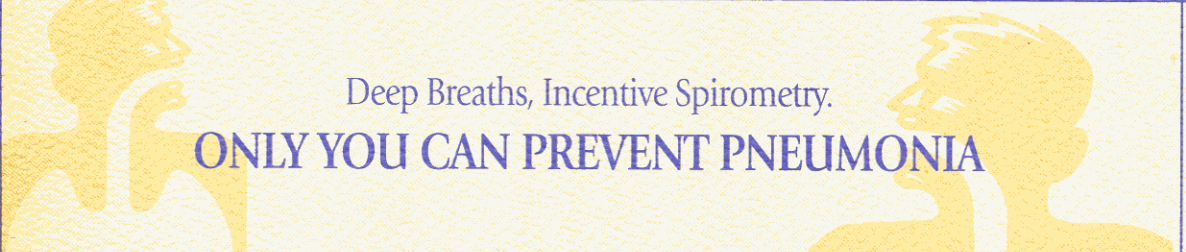

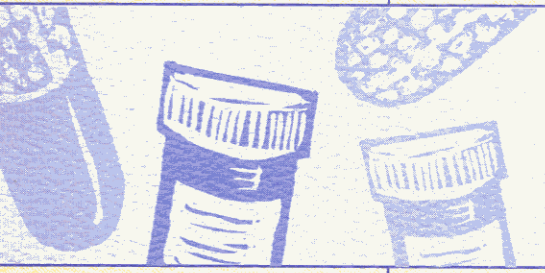
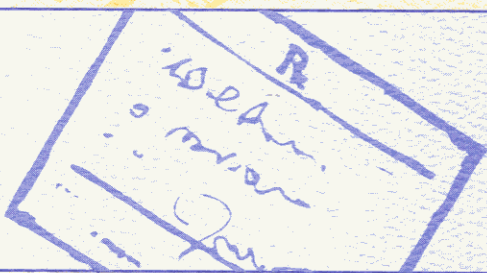



Cardiac Surgery

	Pre-Op	Day of Surgery	ICU
What to Expect		<p>Lots of tubes – to be taken out over the next few days. Will have some pain.</p>	<p>Slowly pulling out tubes. Will have pain – TAKE YOUR PAIN MEDICATION.</p>
Respiratory	<p>Practice deep breathing. NO smoking.</p> 	<p>On ventilator. Once awake breathing tubes out – slow deep breaths.</p>	<p>Deep Breaths. Incentive Spirometry – this will hurt but is important.</p>
Activity	<p>Normal routine. Shower.</p>	<p>Once breathing tube out – dangle feet. Then out of bed in chair.</p>	<p>Sit in chair. Once some tubes are out walk in room.</p>
Nutrition	<p>Light dinner. Don't eat after midnight.</p>	<p>Ice chips. Clear liquid when tubes are out. We monitor what you drink.</p>	 <p>Full liquids.</p>
Special Points	<p>Discuss special needs with cardiac surgery nurses. Make sure someone is home with you.</p>	<p>Limited family visits. Remember: Dentures/Glasses. Frequent Rest Periods.</p>	<p>Remember robe/slippers. Short family visits.</p>
Discharge Planning	<p>Start planning now for your discharge needs. Home care and Rehab is available.</p> 	<p>What help will you need when you go home?</p> 	

Patient Pathway



Post-Op Day 1 & 2	Post-Op Day 3 & 4	Discharge Post-Op 5 & 6	At Home
4 West			
Telemetry, Small Heplock. Tubes keep coming out.	Most tubes out. Will have drainage from incisions - this is normal.	NO tubes. Make suture appointment. Drainage will start to slow down.	Shower daily - if possible.
 <p>Deep Breaths, Incentive Spirometry. ONLY YOU CAN PREVENT PNEUMONIA</p>			Continue deep breathing. Incentive Spirometry. No smoking.
Out of bed in chair for meals. Feet elevated. Walk in hallway -100 feet.	Walk, Walk, Walk - 100 feet, 3 times a day. Begin Stairs.	Walk, Walk, Walk - at least 200 feet, 4 times a day. Frequent rest periods.	Walk, Walk, Walk - Frequent rest periods.
Low salt, low cholesterol. May have poor appetite but it is important to eat.	Tell us if you cannot go to the bathroom.	 <p>Small frequent meals. Nutritional education.</p>	
 <p>TAKE YOUR PAIN MEDICATION.</p> 			
Meet discharge planner or social worker.	Start making arrangements to go home.	 <p>Going home if OK with physician.</p>	Cardiac Rehab - Mended Hearts. Post-Op Education. Home care or Rehab facility