









## **What to expect after your heart surgery**

This information will help you learn what to expect while in the hospital and how to prepare to go home.

Project by:  
5 South Interprofessional Quality Council

GOALS	Post-op Day 1	Post-op Day 2	Post-op Day 3	Post-op Day 4	Post-op Day 5
<b>Pain Management</b> 	You will get pain medication regularly. Let your nurse know if you need stronger pain medication.	Start asking for pain medication when needed. Do not let pain get severe.	Continue to ask for pain medication when needed.	Continue to ask for pain medication when needed. You will likely need less pain medication to feel comfortable.	Tylenol will likely control most of your pain. A prescription for stronger pain medication will be given for home.
<b>Activity</b> 	You will: <ul style="list-style-type: none"> <li>do deep breathing and coughing exercises</li> <li>do calf exercises</li> <li>sit in a chair</li> </ul> Support your chest.	You will: <ul style="list-style-type: none"> <li>do deep breathing and coughing exercises.</li> <li>sit in a chair with each meal</li> <li>walk with a nurse or physiotherapist</li> </ul> Bring shoes that fit. Support your chest.	You will: <ul style="list-style-type: none"> <li>sit in a chair with each meal</li> <li>get up to the bathroom independently, if able</li> <li>walk by yourself 3 times a day</li> </ul> Support your chest.	You will: <ul style="list-style-type: none"> <li>sit in a chair with each meal</li> <li>walk by yourself 3 times or more a day</li> <li>practice stairs with a physiotherapist</li> </ul> Support your chest.	You will be independent with no assistance, including walking and getting in and out of bed. Support your chest.
<b>Nutrition</b> 	You may begin to eat a no added salt diet.	You will continue to eat a no added salt diet.	You will continue to eat a no added salt diet.	You will continue to eat a no added salt diet.	You will continue to eat a no added salt diet.
<b>Bowel and Bladder</b> 	You will have a urine catheter. You will start to pass gas.	The urine catheter is removed. All urine is measured. You will be passing gas. Daily weight.	All urine is measured. You will have a bowel movement. If not, let your nurse know. Daily weight.	You will have a bowel movement. If not, let your nurse know. Daily weight.	You will have at least one bowel movement before discharge.
<b>Bathing</b> 	You will have help with bathing at the bedside.	You will have help with bathing at the bedside.	You will have help with bathing if needed.	You will bathe independently.	You will bathe independently.
<b>Going home – help from family and friends</b> 	Bring in glasses and hearing aids. Let the nurse know of any concerns about going home, including barriers you think may affect your family/friend's discharge home.	Bring: <ul style="list-style-type: none"> <li>shoes that are supportive</li> <li>list of medications from home</li> <li>music and headphones</li> </ul> Let the nurse know if your family or friend is having trouble sleeping in the hospital.	Help your friend/family member to walk if approved by nurse or physiotherapist.	Bring in loose clothes to wear home. Arrange for pick up tomorrow. Ask nurse expected time of discharge.	Home! Bring wheelchair up from front entrance to bring family member downstairs.

**Note, these are guidelines only - each patient's recovery is different.**