



Recovery at Home After Your Open-Heart Surgery

Please don't be nervous, we understand that surgery can be a daunting experience. However, we have taken every precaution necessary to ensure your safety and a successful outcome. Here is some postoperative guidance, please read carefully and follow the instructions.

1. Incision care / wound care

- 1.1 If the stitches are not completely removed.
 - 1.1.1 Apply disinfectant with sterile cotton swabs to the wound daily and cover with sterile gauze. Return to the clinic at the scheduled time to have your stitches removed.
 - 1.1.2 If there is no fluid leakage or exudate, you can shower the day after suture removal. Use shower gel but wash it off completely. Keep the wound dry and uncovered.
- 1.2 Postoperative sternum healing requires six weeks. During the early stage of healing, you may hear rubbing sounds in the sternum when moving or rotating your body.
- 1.3 Please Avoid driving, lifting heavy objects, and strenuous exercise like cycling, motorcycles, and swimming for three months after surgery. These activities can strain your body and impede healing.
- 1.4 Uncomfortable sensations like numbness, itching, soreness, and tightness in the wound area are common and usually go away within six months as part of the recovery process.
- 1.5 If you've had CABG, watch for chest pain like pre-op compressive pain. If it happens, come to the clinic right away for your safety. We prioritize your health and comfort, and we're here for you.
- 1.6 If you are experiencing shoulder and back pain, there are several steps you can take to alleviate your symptoms and improve your overall comfort.



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- 1.6.1 Firstly, applying heat and using analgesic cream can provide effective relief and help to ease any discomfort you may be feeling.
- 1.6.2 In addition, incorporating moderate shoulder and back rehabilitation exercises into your daily routine can help to strengthen these areas and reduce pain over time.
- 1.6.3 Finally, it's important to maintain good posture throughout the day to avoid putting unnecessary strain on your body. By following these simple steps, you can help to alleviate your pain and improve your quality of life.

2. Precautions for Daily life routines

2.1 Showering

- 2.1.1 It's crucial to avoid exposure to extremely hot or cold water as this can lead to feelings of dizziness and discomfort. For added safety and peace of mind during your recovery, we suggest having a family member or caregiver assist you during your first post-surgery shower.

2.2 Body Weight

- 2.2.1 Maintain a healthy weight for your wellbeing and postoperative recovery by measuring your body weight daily at the same time. This will help track changes and make adjustments to your diet and exercise routine as necessary. As a general guideline, we suggest avoiding any weight difference exceeding 2 kilograms within a week.

- 2.2.1.1 If you've gained more than 2kg, take steps to address the issue and get back on track.

- 2.2.1.1.1 Firstly, we suggest restricting your liquid intake to help reduce fluid retention and prevent further weight gain.

- 2.2.1.1.2 Additionally, it's important to check for any signs of edema, and to follow your doctor's orders regarding antidiuretic



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medication, increasing the dosage as necessary.

2.2.1.1.3 Finally, schedule a follow-up appointment with your doctor to ensure you're on the right track and receiving optimal care.

2.2.1.2 If weight loss exceeds 2 kilograms, take steps to address the issue and get back on track.

2.2.1.2.1 Firstly, observe changes in urine amount to determine excessive fluid loss.

2.2.1.2.2 Additionally, follow your doctor's orders and adjust your diuretic medication dosage if necessary.

2.2.1.2.3 Finally, schedule a follow-up appointment with your doctor to ensure you're on the right track and receiving optimal care.

2.3 Smoking

2.3.1 To support your recovery and promote your long-term health, it's important to be aware of the negative effects that nicotine can have on your body. Nicotine can cause vasoconstriction, leading to hypertension and affecting pulmonary function, especially in patients who have had a bypass surgery. With that in mind, we strongly recommend quitting smoking and avoiding exposure to secondhand and third hand smoke.

2.4 Sexual Activity

2.4.1 Recovery after surgery is a highly individualized process and can differ from patient to patient. When it comes to resuming sexual activity, it's important to listen to your body and proceed with caution. As a general guideline, we suggest that you should be able to tolerate brisk walking or climbing 20 flights of stairs at a speed of 2 flights per second for 15 to 30 minutes without experiencing elevated heart rate, labored breathing, or chest pain. If you can do this, it's likely that you are ready to resume sexual activity. However, it's always a



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good idea to discuss your specific situation with your doctor and get their advice before doing so.

2.4.2 Special attention:

2.4.2.1 Prepare in advance nitroglycerine (sublingual tablets).

2.4.2.2 It is important to take chest discomfort or chest pain seriously and seek medical attention right away. If you experience any of these symptoms, stop what you're doing immediately and take the sublingual tablet as directed by your doctor. Then, make your way to the hospital as soon as possible to receive proper medical care.

2.4.2.3 Be mindful of your physical and emotional state before engaging in sexual activity. If you're exhausted, full, have consumed alcohol, or have physically demanding work to do, it's best to avoid sex. Listen to your body and be aware of your limitations for a safe and enjoyable experience.

2.5 Movement

2.5.1 To promote healthy blood circulation when traveling long distances by car or airplane, it's important to take care of your legs.

2.5.2 Tips for Taking Care of Your Legs.

2.5.2.1 Stretch your legs every 1 to 2 hours.

2.5.2.2 Avoid prolonged periods of sitting or standing.

2.5.2.3 Crossing your legs can also negatively affect blood circulation in your lower extremities.

2.5.2.4 Taking breaks and stretching regularly, you can help prevent blood clots and other circulation-related issues that can arise from long periods of travel.

2.6 Improving Digestive Health

2.6.1 Incorporating a fiber-rich diet can promote healthy bowel function



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and prevent constipation.

2.6.1.1 High-fiber foods such as fruits, vegetables, and whole grains are recommended.

2.6.1.2 A fiber-rich diet can reduce the risk of straining during bowel movements.

2.7 Managing Diabetes and Hypertension:

2.7.1 Follow medication regimen and personalized treatment plan

2.7.2 We also suggest working closely with your doctor to develop a personalized treatment plan that suits your needs and helps you achieve your health goals.

2.8 The Importance of Managing Emotions and Prioritizing Mental Wellbeing

2.8.1 Maintaining a positive mood and avoiding excess stress can help support your heart health.

2.8.2 Strong emotions, such as anger or nervousness, can cause extra strain on your heart

2.8.3 Engaging in relaxation techniques, regular exercise, and hobbies that you enjoy can all help promote a positive mood and reduce stress levels.

2.8.4 Remember to listen to your body and seek medical attention if you experience any concerning symptoms.

3. Exercise principles

3.1 Start with low-intensity exercise first and then adjust or increase the intensity according to your body condition. Remember to warm up before exercise, such as joint movements or 5 to 10 minutes walking. Exercise for 20-30 minutes each time, such as running. Remember to do relaxation exercises to reduce stress after the workout, such as



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movements exercises and walking.

3.2 No workouts 30 minutes before and after eating.

3.3 Choose mild weather condition to workout outdoors. Optimal exercise conditions are attained in moderate weather, as exercising in excessively cold or hot temperatures is not recommended for optimal health and well-being.

3.4 Taking care of your heart health during exercise is crucial. If you experience signs of overexertion, such as fatigue, chest pain, or difficulty breathing, stop the exercise immediately and rest. By listening to your body and taking necessary precautions, you can promote a safe and effective workout routine.

3.5 Use the respiratory training device for 3-6 months after discharge, and develop the habit of exercise to fully benefit from cardiac rehabilitation exercises.

4. Dietary guidelines and precautions

4.1 We recommend a high protein and low-fat diet.

4.2 Pay attention to the intake of fibers (vegetables and fruits) to avoid constipation

5. You should go to the hospital if you experience any of the following: (notice: A follow-up visit is necessary with 10 days of discharge)

5.1 body temperature exceeds 37.5 Celsius degree, or severe cold symptoms lasting for 2 to 3 days without improvement.

5.2 wounds that are red, swollen or oozing.

5.3 Sudden body weight gain or loss within 1 to 2 days.

5.4 Increasing shortness of breath, decreased urine output, and lower limb edema.

5.5 Pain that feels like the angina you may have experienced before the



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operation, and could not be relieved by NTG.