

Heart Surgery

Dear nurse of the hospital, according to the comprehensive instructions of self-care and patient education, it is necessary to educate the patient during hospitalization and discharge of cardiac surgery according to this instruction and at least the following content.

Admission Tutorials

- The length of time you are hospitalized depends on your condition. The length of this period depends on the extent and speed of the relative healing of the wounds. The best person who can be responsible in this regard will be your specialist doctor.
- Hospitalization for open heart surgery usually takes about a week. You will usually be hospitalized in the hospital the day before surgery to have your condition monitored.
- After surgery, you will need to be hospitalized in the intensive care ward (ICU) for a period of time at your doctor's discretion to have your heart function checked.
- It is better to have a companion in the hospital so that she/ he can meet your needs in the hospital.
- If the you have a child at home, it is better to leave him/ her to someone before the operation, because you cannot take care of your child for several days.
- If you are used to smoking, you should quit smoking a few days before surgery to reduce the risk of blood clots or other side effects of smoking and speed up your recovery.
- If you are unable to quit smoking, alternative methods of smoking should be used.
- In addition to the problems that the patient may have during open heart surgery, the financial costs of this surgery are also very high and some patients bear this cost to some extent. Therefore, if the patient is not able to pay the costs and on the other hand has to undergo surgery, it is recommended to perform this operation under insurance coverage.
- Fear and anxiety before surgery are perfectly normal, but can be reduced or eliminated with rational solutions. Some of these methods are:
 - ❖ You can talk to your doctor to reduce this fear. His words can increase your knowledge and reduce your fears.
 - ❖ If you know how open heart surgery will be performed before surgery, you can more easily overcome the stress of the day of surgery.
 - ❖ If you are aware of possible postoperative complications before surgery, you will be better able to cope with them and tolerate them.
 - ❖ You can relax by reading books and sites related to the statistics of people who have recovered after this operation.
 - ❖ You can ask people who have already undergone this operation and gain higher self-confidence.
 - ❖ Admittedly, deciding to have surgery is very difficult and it takes some time to prepare mentally. Therefore, the patient's family is advised to be more supportive of the patient and help him/ her in making the best decision.

Preoperative measures

- The night before the operation, eat a light dinner such as soup or salad. Avoid eating and drinking after midnight and in the morning before surgery. Do not even drink tea, coffee and water.
- The hair at the operation site needs to be shaved before the operation.
- Empty the bladder (urine) before transferring to the operating room.
- Remove jewelry, metal objects, head clips, dentures, etc. before going to the operating room.
- Take off all clothes (underwear, socks, etc.) and wear operating room clothes.
- If you have a history of illness (diabetes, asthma, etc.) and a history of allergies (medication, food), inform the nurse and the treating physician.
- Tell your doctor and nurse if you have a specific illness that you are being treated for, as your medication may need to be discontinued and replaced with new medications.
- Postoperative immobility can cause blood stasis in the legs and increase the risk of lung infection, so do breathing exercises and leg rotations immediately after surgery.
- Before going to the operating room, a serum will be attached to you and antibiotics will be injected according to your doctor's instructions to prevent infection.
- Your operation should be performed under general anesthesia.
- If you need mild analgesia in the week before surgery, use acetaminophen instead of aspirin, ibuprofen, or naproxen. Avoid aspirin-containing medications such as over-the-counter cold medicines. This will prevent extra bleeding during the procedure.
- If you are taking aspirin daily because of a medical problem, ask your doctor about the need to stop taking it before surgery.
- Plan for your postoperative care and recovery. Find someone to take care of you after surgery.

Activity

- Move your legs in bed to prevent blood clots in your legs. It is best to get out of bed and walk as soon as possible.
- After waking up, sit with the doctor's permission first, then hang your legs from the edge of the bed. If you do not have dizziness, blurred vision, etc., get out of bed. Be sure to let the ward nurse know when you get out of bed so she/ he can be with you.

Taking care

- Several pipes are connected to you. These tubes are installed to remove the secretion from the operation site. Be careful not to pull them or get them out of place.
- If you have pain, tell your nurse to take the necessary measures to relieve your pain as prescribed by your doctor.
- In case of bleeding from the surgery site and wetting of the dressing, inform the ward nurse.
- Avoid manipulating serums and interfaces attached to you.
- Medications will be given to you by your nurse as prescribed by your doctor and at regular intervals.

- You will first be hospitalized in the intensive care ward and then transferred to the ward as your physical condition improves.

Diet

- Eat a healthy diet that includes fruits, vegetables, whole grains and low-fat foods.
- Avoid fatty, salty, canned, processed and fried foods seriously, and include liquids, soups, vegetables, fresh fruits, and low-fat, fresh home-made foods in your diet.
- Reduce your daily salt intake. Pay special attention to the amount of salt (sodium) in packaged foods.
- Get the right amount of vitamins and protein.
- Eliminate alcohol or caffeinated beverages from your diet.

Activity

- Start physical activity gradually and increase the duration of mobility if you are tolerant.
- Walk as much as possible on a flat and open ground in the open air that is not too hot and not too cold, so as not to cause fatigue and pain.
- You can do light work one to six weeks after discharge.
- Avoid rotating movements in the arms and movements above the head, and moving too far away from both arms and any pressure on the chest.
- Avoid going up and down stairs too much in the first weeks.
- Usually six to twelve weeks after the operation, gradually start moderate activities such as tidying the bed and ironing, etc., and after three months, start heavy work such as sweeping and running, etc.
- Rest for at least 20 minutes between activities, and see your doctor if you have severe chest pain or shortness of breath that does not relieve with rest.
- Driving is prohibited for at least six weeks.
- Avoid exercising in cold weather or after eating.
- Avoid lifting or pulling or pushing objects over three kilograms for up to six weeks.
- Depending on the general condition and the type of job, and a full evaluation and permission of the treating physician, two to three months after the operation is the right time to start social and work activities.

Next visit time

- 10-14 days after the operation, see your doctor or clinic to remove the stitches.
- See your doctor or nearest health center if your chest pain does not improve with the usual painkillers or is similar to heart pain before surgery.
- Contact your doctor immediately if you notice any of the following symptoms:
 - ❖ Fever greater than 37.8 ° C
 - ❖ Nausea and vomiting
 - ❖ A lot of pain
 - ❖ Extremely and unusual weakness.
 - ❖ Severe cough
 - ❖ Increasing or decreasing of the blood pressure

- ❖ Wound secretion or bleeding
- ❖ Shortness of breath
- ❖ Bituminous color of feces