



HEART SURGERY DISCHARGE ADVICE

PHONE CALLS & APPOINTMENTS



<input type="checkbox"/>	See your GP within 3 days for a check-up and to renew your medications
<input type="checkbox"/>	See your heart surgeon in 6 weeks- check that an appointment has been made
<input type="checkbox"/>	See your cardiologist in 6 weeks- check that an appointment has been made
<input type="checkbox"/>	*You may need to make your own appointments depending on the time of discharge
<input type="checkbox"/>	Cardiac rehab is free at all hospitals and should start 2 weeks after discharge home

ACTIVITIES



<input type="checkbox"/>	Don't overdo it- take your time and rest as needed- nap for 1-2 hours each afternoon
<input type="checkbox"/>	Get out of bed, get dressed and shower each day.
<input type="checkbox"/>	Walk for at least 5 minutes, four (4) times each day with someone
<input type="checkbox"/>	Follow the guidelines for each week attached- start at week 1
<input type="checkbox"/>	Attend cardiac rehab to help recover, become stronger & active Ph: 9845 6787

WOUND CARE AND PAIN



<input type="checkbox"/>	Leg stitches may be removed in hospital or by your GP (usually stay in for 7 days)
<input type="checkbox"/>	Diabetics often need longer to heal and their stitches stay in for 10 days or more
<input type="checkbox"/>	Wear your stockings for 4 weeks (worn in the day time, may come off at night in
<input type="checkbox"/>	Occasionally betadine and pads and stockings are needed if there is fluid ooze
<input type="checkbox"/>	Chest- usually no dressing needed. Do not apply creams and avoid clothes that rub
<input type="checkbox"/>	Ladies wear a soft bra to support the chest/breast bone healing
<input type="checkbox"/>	Most patients do not require analgesia beyond 2 weeks post-surgery
<input type="checkbox"/>	Gentle massage and heat packs may assist with shoulder & back pain
<input type="checkbox"/>	See your Doctor promptly for fevers or any wounds that are red, painful or oozing

HOME HELP – FAMILY AND FRIENDS



<input type="checkbox"/>	You do need help with some things for about 4- 6 weeks
<input type="checkbox"/>	Arrange to have family or friends stay with you at night for the first week
<input type="checkbox"/>	Sleep is sometimes unsettled and you may feel more confident with company at night
<input type="checkbox"/>	If you are home alone- ask friends to visit each day and stay while you walk
<input type="checkbox"/>	Ensure someone helps with meals, house cleaning, washing and transport
<input type="checkbox"/>	If you need help with home chores long term contact your Homecare 1300 303 770

KEEPING WELL



<input type="checkbox"/>	Eat well, get regular exercise and be active, avoid smoking
<input type="checkbox"/>	Take your medications as prescribed and get regular check-ups
<input type="checkbox"/>	Look after any health problems you have such as diabetes
<input type="checkbox"/>	Keep in touch with family and friends
<input type="checkbox"/>	Tell someone if you are not feeling well