



# PLANNING FOR YOUR SURGERY: WHAT TO EXPECT AND TO DO

SURGERY		
	The Night Before Surgery	The Day of the Surgery
<b>What to Expect</b>	<ul style="list-style-type: none"> <li>• Someone from our staff will call you to let you know when and where to report for your surgery.</li> <li>• If you are already in the hospital, a staff member will tell you what time your surgery is scheduled.</li> </ul> 	<ul style="list-style-type: none"> <li>• When you arrive at the scheduled time and place, your surgeon and anesthesiologist will meet with you.</li> <li>• You will be given medication and will be asleep in the OR for 3 to 5 hours.</li> <li>• After surgery, you will go to the Cardiothoracic Intensive Care Unit (CTICU) for recovery.</li> <li>• When you are awake several hours after surgery, your breathing tube will be removed.</li> <li>• You may receive liquids and a light meal.</li> <li>• Pain medication will be given to you as needed.</li> <li>• You may stay overnight in the CTICU.</li> <li>• It is routine to have various tubes and drains, which may be removed within a day of surgery.</li> <li>• You will have blood work and chest x-rays.</li> </ul>
<b>What You Can Do</b>	<ul style="list-style-type: none"> <li>• Eat a healthy dinner.</li> <li>• Do not eat or drink anything after midnight, except for small sips of water to take your medications.</li> <li>• Take all your morning medications, unless told to do otherwise.</li> <li>• Take a shower using Chlorhexadine, a preparation provided to you.</li> <li>• If you develop unusual pain, fever, diarrhea, nausea, vomiting, or any other change in your medical condition, call the Cardiothoracic main office at (631) 444-1820.</li> </ul>	<ul style="list-style-type: none"> <li>• You may not return to the same room after surgery. Prior to surgery, give your belongings to your family, including dentures, hearing aids, jewelry, watches, and money.</li> <li>• Cough, and do breathing exercises using your incentive spirometer every hour you are awake after surgery.</li> <li>• Family members are welcome to visit. After surgery, they will be updated in our waiting room.</li> <li>• You are strongly encouraged to walk with assistance.</li> </ul>

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	RECOVERY	
	Day 1	Day 2
<b>What to Expect</b>	<ul style="list-style-type: none"> <li>• You may take clear liquids as tolerated.</li> <li>• Your chest tubes and urine catheter may be removed as your condition improves.</li> <li>• Pain medication will be given as needed.</li> <li>• You will be encouraged to sit up in a chair.</li> <li>• A physical therapist will review your exercise plan.</li> <li>• You may find that medications you were taking before surgery may be changed.</li> <li>• When medically stable, you will be transferred to 16 South, the surgical floor.</li> <li>• Feeling some fatigue after surgery is normal.</li> </ul>	<ul style="list-style-type: none"> <li>• You may take a regular diet as tolerated. A decreased appetite is normal.</li> <li>• Your weight will be checked.</li> <li>• You will be bathed, with assistance.</li> <li>• You will walk 3 to 4 times a day, with assistance.</li> <li>• Pain medication will be given as needed.</li> <li>• Feeling some fatigue after surgery is normal.</li> </ul>
<b>What You Can Do</b>	<ul style="list-style-type: none"> <li>• Cough and do breathing exercises.</li> <li>• Begin discussing your discharge plans with the nurse, social worker, physical therapist, and nutritionist.</li> <li>• Make sure your family members are included in your discharge planning and post-op education.</li> <li>• Family and friends are welcome to visit.</li> <li>• You are strongly encouraged to walk with assistance.</li> </ul>	<ul style="list-style-type: none"> <li>• Cough and do your breathing exercises.</li> <li>• Family and friends are welcome to visit.</li> <li>• You are strongly encouraged to walk with assistance.</li> <li>• Your social worker and case manager will include your family members in your discharge planning.</li> </ul>

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RECOVERY		
	Day 3	Day of Discharge
<b>What to Expect</b>	<ul style="list-style-type: none"> <li>• You will walk 3 to 4 times during the day, independently.</li> <li>• You will walk up and down the stairs with the assistance of a physical therapist.</li> <li>• Pain medication will be given as needed.</li> <li>• Laxatives will be prescribed as needed.</li> </ul> 	<ul style="list-style-type: none"> <li>• Your nurse practitioner will determine when you may shower.</li> <li>• You will walk independently 3 to 4 times a day, as well as up and down the stairs with assistance.</li> <li>• Your nurse practitioner or discharge nurse will visit to explain discharge instructions and medications.</li> <li>• You will receive a printed set of discharge instructions.</li> <li>• You will be discharged to home or to rehabilitation.</li> <li>• The cardiac surgery team will call you over the next several days to answer questions and make an appointment with your surgeon.</li> </ul>
<b>What You Can Do</b>	<ul style="list-style-type: none"> <li>• Cough and do your breathing exercises.</li> <li>• Discuss home care with a social worker.</li> <li>• Arrange for your ride home.</li> <li>• WALK.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to cough and do breathing exercises.</li> <li>• Review your discharge instructions and home medications with the discharge nurse.</li> <li>• WALK.</li> </ul>