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## A Preview of Your Recovery

**Partners** at *Heart*



**Port Huron  
Hospital**



**ST. JOSEPH  
MERCY HOSPITAL**



## IN THE HOSPITAL

- ▶ It is expected that you will participate in your recovery.
- ▶ You will be increasing your activity and walking before going home.
- ▶ You will cough and deep breathe.
- ▶ You will use your incentive spirometer hourly.
- ▶ You will work closely with your nurse on pain control.
- ▶ You will be out of bed (sitting or walking) when you are awake.

## GOING HOME

- ▶ You will receive a folder containing information and expectations about going home. You will also see a video about going home.
- ▶ You will **NOT** need a medical bed. You should sleep in your own bed. A recliner is okay to sleep in if that makes you more comfortable.
- ▶ Stairs should **NOT** be a problem. Limit your use the first few weeks at home. Hold on to the handrail and take one step at a time. Go slowly.

## AT HOME

- ▶ **Do not lift, push or pull, anything over 8 to 10 pounds** (a gallon of milk is 8.4 pounds) **for 12 weeks.**
- ▶ **SHOWER DAILY with liquid antibacterial soap and rinse well. Follow your incision care instructions.**
- ▶ **Do not drive for 4 weeks.**
- ▶ Do not smoke. Do not be around second hand smoke.
- ▶ Do not forget that you may feel your breastbone shift slightly. If you feel it "clicking", please call your surgeon.
- ▶ Do not use spas, pools, or hot tubs until cleared by your physician.
- ▶ Do not forget your pain medication, especially at bedtime and early a.m.
- ▶ Do not ride without a seat belt.
- ▶ Do not ride in a car for more than two hours without a walking break.
- ▶ Do not forget to discuss Outpatient Cardiac Rehab Services with your Cardiologist.
- ▶ Sleep 8-10 hours each night.
- ▶ Elevate your feet while sitting for extended periods of time.
- ▶ Wear your TED Hose.

*Continued on back...*

## **AT HOME** *continued*

- ▶ It is normal to experience mood changes after any significant surgery.
- ▶ Call your surgeon with any incisional concerns, redness, swelling, drainage, or a temperature greater than 100.5 degrees.
- ▶ Take your medications as prescribed.
- ▶ Continue coughing, deep breathing and using your “breathing machine” (incentive spirometer).
- ▶ Chart your weight daily. Report any two to three pound weight gain.

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