

**Rajaie Cardiovascular, Medical and Research Center
Tehran, Iran**

Discharge Training after heart surgery

When you are visited by your doctor or the assistants, the discharge order will be written and you are informed by the ward nurse or secretary. After paying off the bills by you and handing over the discharge paper to the secretary, you are given your file and procedure summaries, and the necessary trainings.

Nutrition: You may have not good appetite and it takes several weeks to return to normal status, so, you'd better have compact meal with more serving times during this time. In the first month after the surgery have healthy meals in order to heal your wounds and then have low salt and low fat meals and also patients who have diabetes must maintain their diet. Probably after the surgery you take constipation so in order to get rid of it, have fruits, vegetable, Lettuce, Bean and high fiber meals and also the patient who has valvular replacement and take warfarin tablets must be careful. Control and check the Blood cholesterol level in the 4 up to 6 weeks after operation and 2 months later also keep your weight at the normal level.

Activity: the most important type of sport is hiking. In the first week go walking 5 minutes, 3-4 times a day. In the 2nd week 10 minutes and in 3rd week increase to 15 minutes. In the first 3 weeks avoid heavy exercises such as swimming, tennis or etc. You can climb up the stairs but stop it when exhausted, and take rest. Up to 6 weeks after the operation avoid lifting or pushing the objects which are more than 5 KGs and during any activity do not stop breathing. After the bypass operation, the Inflation around the legs caused by removing the vessel from this area is normal and can be improved with anti-thromboembolic socks (Compression stockings). Avoid bending or tending your operated foot and also avoid cross-legged position and at the nights take a pillow under your legs. After 4-6 weeks you can take back to your normal activity according to your job and also you can drive for pleasure but professional driving not allowed for 3 months. If you go to travel every 2 hours, hike for some minutes. Take care of Drowsiness effect of some drugs.

Care of Wounds: check out your foot and hand wounds which is under angiography and take care of the Hygiene of this area. In order to redness, Inflammation, warmth, Secretion please inform your doctor. Avoid rubbing the lotion, wash cloth or any other Ointment on the wounds. Your wounds do not need any dressing, Betadine, serum or other things. Avoid scratching the wounds. Avoid wearing tight dress before complete improvement.

Take bath: use middle warmth water not so hot. Use the soap and water or baby shampoo for washing. Keep the area of the wound dry after the bath. Do not use the bathtub or lotion. Avoid rubbing the wounds with washcloth for one month.

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Sexual Activity: if you can any time climb up two floors without any discomfort feeling, you can start the sexual activity that is approximately 4 weeks after the operation, it means any time that your wounds improved and your pain is decreased. During this period you'd better avoid any pressure on your ribs and chest. When you feel pain on your chest over 4-5 minutes with intensive shortness of breath, see or call your doctor.

Call your doctor if following problems and items happen:

Increasing the weight more than half or one Kg during two days continuously, remaining the inflammation of Wrist or leg pain, shortness of breath intensively, feeling the stabbing pain during the deep breathing, increasing the temperature of body over 38 degree twice in one day during 24 hours. Continuous of bleeding or secretion from wound area. Outbreak of redness or warmth around the wound. Skin rash. Hard tiredness. Hard attack of gout. Sever pain behind the legs that comes from moving toe of leg toward the head.

How to take the drugs: your drugs will be prescribed at the last visit of your doctor before discharging. Most of your drugs are for balancing blood pressure and heartbeat .So, before taking them if you have any signs like weakness, lethargy, dizziness, or sweating they can be caused by blood pressure and heartbeat drop. Check your pressure and pulse and then take your drugs, if the signs happen again, inform your doctor to adjust dosage of your drugs. In the patients who has valvular replacement and use Warfarin, they should read and observe the specify diet that is described in the Warfarin booklet. Also the Diabetes patients keep their diabetes diet according to Nutritional Counseling and with taking tablets or insulin, keep their blood Sugar in the normal value. The total information about the drugs is available in below charts.

Next time to refer to Doctor: Around one month after discharging you will be visited by heart specialist doctor and your surgeon so before the discharging the turn rating sheet will be given to you by the secretary. Set your next appointment from reception area before discharging .After discharging and when you get your drugs, you'd better check them with your nurse and ask her how to take them.

With the Healthy life wishes for you dears.

Ward: Tel No. 021-.....

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Total info. About the drugs

Row	Name	Forms of Drugs	Therapeutic effect	Notes
1	Aspirine ASA	800 – 100 325-500 mg	Anti-Inflammation Pain killer Reduce Platelet Activity	<i>in case of bleeding from gum or bruises on the skin Or Fecal blood loss Be sure to see your doctor. Because of Gastrointestinal side effects with one glass Of milk or fruit juice after meals. The patients who has Asthma and active peptic ulcers not allowed to use.</i>
2	ATORVASTATIN	10 – 20 – 40 mg	Decrease the blood fat LDL	<i>you can take drugs before any meals.12 – 6 Weeks after the Liver function tests must be check. Have Low fat diet and regular exercise. In case of Using at the same time with DIGOXIN, ask your Doctor.</i>
3	CAPTOPRIL	25 – 50 mg	Decrease the blood pressure and heart Muscle strengthening	<i>its better to take one hour before launch. Low salt diet. Cough is common. In the case of outbreak of Cough and Swollen eyelids,eyes,lips,tounge or Respiratory and skin problems see your doctor. Keep avoid heavy exercises and sudden changes from sleep forms from sitting or standing.</i>
4	DIGOXIN	0.25 mg	Control Heartbeat and heart failure	<i>must be take at every morning and in the specify Hours. Forgotten dosage can be taken until 12 hours later. Learn how to take a pulse and with beats between 60-100 Takes. Take the drugs with milk and juice. nausea and vomiting, erratic heart beats, Hallucinations and Anorexia is The sign of Poisoning and must be refer to your Doctor.</i>
5	FUROSEMIDE	40 mg	Decrease blood pressure- Increase Urination and The fluid retention	<i>take the drugs with meals or milk.Have full potassium diet Such as banana- Tomato – date – Lettuce- Dried fruit- And Walnut</i>

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6	<i>HYDROCHLORTHIAZIDE</i>	50 mg	Decrease blood pressure and increase the Urine volume	<i>in the morning take in the specify hours to Enuresis does not bother you.in the diabetis peoples,Blood sugar must be check regularly.in the evening take at 6 pm.</i>
7	ISOSORBIDE	10 – 40 mg	Anti-heart pain- Vasodilator-decrease the blood pressure	<i>this drug is effective on heart pain prevention. Headache is the a common complication of this that is Can be solved with pain killer. If you have continuously and hard headache refer to your doctor. Facial flushing and tingling of the tongue is the side effects of this drug.</i>
8	METOPROLOL	50 – 100 mg	Decrease the heartbeat and blood pressure	<i>cure effects after one week is visible. Learn how to take a pulse and with beats between 60-100 Takes. This drugs must not stop suddenly. For diabetes person's blood sugar must be checked regularly.</i>
9	PLAVIX	75 mg	Antiplatelet- Blood thinner	<i>Taking this medicine apt the patient to bleeding and must care about heats and cuts and in the case of bleeding from Gums or nose or bruises on the body, drugs must be stopped and refer to your doctor.</i>
10	WARFARIN	5 mg	Anti-coagulation and Blood thinner	<i>usually this drug started in the same time with Heparin and compatible dosage specify with performing the blood test. And never gone over or before the dosage. Use the medicine every day in specify times.in the case of bleeding from gums or nose or bruises on the body, drugs must be stopped and refer to your doctor.</i>
11	NITROGLYCERIN	2.6 – 6.4 mg	Anti-heart pain- Vasodilator	<i>this drug is effective on heart pain prevention. Headache is rarely visible. Keep away from humidity and light. In the case of Blurred vision or Dry mouth stopped to take and refer to your doctor</i>

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