

Checklist for Recovering at Home

(completed before Surgery)

With the help of your healthcare Team including Physical and Occupational Therapists and Care Managers, we have created a home checklist to help prepare for your discharge and complete your recovery at home.

- Is my healthcare directive completed and notarized?
- Who is my designated caregiver?
- If living alone, who will be staying with me for at least 5 days? Or, who can I stay with?
- Who will take care of my pets while I'm at the hospital?
- Do I have a ride home on discharge day?
- Do I have a ride to my follow up appointments?
- Do I have enough food/groceries once I get home?
- Is there a bed downstairs if I feel I am unable to climb stairs?
- Did I clear the hallways/doorways?
- Did I put away throw rugs/tripping hazards?
- Do I have a bathroom scale to weigh myself daily after surgery?
- Did I practice my incentive spirometer?
- Did I practice sternal precautions and log rolling?
- Did I go to "Pulseheartinstitute.org" and watch the patient education videos for open heart surgery?
- Did I review the cardiac surgery binder?

Preparing for Your Open Heart Surgery

Patient Information



MultiCare 

 **Pulse**[™]
Heart Institute

Preparing for Your Open Heart Surgery

As we prepare for your upcoming surgery, we would like for you to take this time to optimize your health to improve your surgical recovery. The following are some steps that your medical provider and healthcare team encourage you to take before surgery.

NUTRITION

Nutrition has an important role in your surgical recovery and wound healing. We want to make sure that your body is nutritionally prepared before surgery. Your cardiologists recommend the Mediterranean or Dash Diet. If you are diabetic, please maintain and monitor your blood sugars. Please ask your Surgical Navigator for nutrition pamphlets.

To help prevent constipation and have bowel functions return to normal quickly after surgery, we recommend that your largest meal be 3 days before surgery. On the 2nd night before surgery, make your meals a little lighter and include more fiber. The night before surgery, we recommend a light meal.

EXERCISE

As your surgery day approaches, we encourage you to continue to do light activities and walking to maintain your cardiovascular and muscle health. Stop activity if you feel chest pain or shortness of breath. Speak to your medical provider for specific guidelines.

STERNAL PRECAUTIONS

After surgery, you will need to protect your breastbone (sternum). We recommend you practice at home with a pillow so you will be better prepared at the hospital.

Please read the section “Leaving the Hospital” in your Cardiac Surgery Navigation Notebook, watch the DVD provided or go to “Pulseheartinstitute.org”, click on “How we Help”, click on “Patient Education” and click on “Open Heart Videos”.



THINGS YOU MAY NEED HELP WITH AFTER SURGERY

- moving between rooms
- bathing
- getting dressed
- cooking/meal prep
- transportation
- shopping/errands
- housekeeping/laundry