

Cardiac Surgery Patient & Family Recovery Plan

- As you recover from your surgery, you may need OXYGEN to help your breathing.
- You will wear TED SUPPORT HOSE to help the blood flow in your legs. These hose should be washed daily.
- It is important to eat the balanced diet and to drink the enriched shakes served. This will help your wounds heal.
- You will be WEIGHED early each morning to monitor for fluid gain.
- We will assist you in keeping track of your fluid INTAKE AND OUTPUT. (Write on worksheet in room).
- Use HEART HUGGER to support chest during coughing and position changes.
- **You MUST ask for PAIN PILLS as needed.**

Check () off when done.

	Transfer DAY #1	Use your Incentive Spirometer every 2 hours while awake. Volume Achieved _____ mL Are you reaching your goal marker? <input type="checkbox"/> Range of motion exercises Up to bathroom, assist with bath (sitting) Sit in chair 30 minutes, 3 times <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Walk in room 2 times <input type="checkbox"/> <input type="checkbox"/> TED hose off twice per day to check your skin <input type="checkbox"/> <input type="checkbox"/>
	DAY #2	Use your Incentive Spirometer every 2 hours while awake. Volume Achieved _____ mL Are you reaching your goal marker? <input type="checkbox"/> Range of motion exercises Up to bathroom, assist with bath (sitting) Sit in chair 1 hour, 3 times <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Walk in hall 2 times <input type="checkbox"/> <input type="checkbox"/> TED hose off twice per day to check your skin <input type="checkbox"/> <input type="checkbox"/>
May be discharged by your doctor	DAY #3	Use your Incentive Spirometer every 2 hours while awake. Volume Achieved _____ mL Are you reaching your goal marker? <input type="checkbox"/> Warm-up exercises Up to bathroom, assist with bath (sitting) Sit in chair 1.5 hours, 3 times <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Walk in hall 4 times, two hall lengths <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> TED hose off twice per day to check your skin <input type="checkbox"/> <input type="checkbox"/>
	DAY #4	Use your Incentive Spirometer every 2 hours while awake. Volume Achieved _____ mL Are you reaching your goal marker? <input type="checkbox"/> Warm-up exercises May shower if pacing wires are out Sit in chair 2 hours, 3 times <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Walk in hall 4 times, four hall lengths <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> TED hose off twice per day to check your skin <input type="checkbox"/> <input type="checkbox"/>
	Additional DAYS	Same as DAY #4
Teaching / Learning Program	The dietitian will instruct you on your diet before discharge. Cardiac rehab will teach you about cardiac risk factor reduction, home activity, wound care and signs and symptoms to report.	
Know your medications	Be sure that you understand exactly what medications you will take when you get home.	

Cardiac Rehab Department
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