










General Heart Surgery CareMap

Your hospital stay through discharge

Please note that your care plan may be different.

Day of Surgery	Day 1 After Surgery	Day 2	Day 3	Day 4	Day 5: Discharge
<p>Cardiac Intensive Care Unit and 5SA</p>	<p>Surgical Unit →</p>				<ul style="list-style-type: none"> <input type="checkbox"/> Able to move safely within precautions <input type="checkbox"/> Receive equipment, if needed <input type="checkbox"/> Make sure you have your discharge packet, with your follow-up plan <input type="checkbox"/> Goal is to be discharged by 11 a.m. 
<ul style="list-style-type: none"> <input type="checkbox"/> Plan for tube removal (<i>extubation</i>) <input type="checkbox"/> Oxygen by mask or nasal prongs after breathing tube is out <input type="checkbox"/> Sips of water and ice chips when breathing tube is out <input type="checkbox"/> Heart rhythm monitor <input type="checkbox"/> Assisted bath  <ul style="list-style-type: none"> <input type="checkbox"/> Surgeon talks with family in waiting room 	<ul style="list-style-type: none"> <input type="checkbox"/> Out of bed to chair for meals <input type="checkbox"/> Move in room and walk if blood pressure is stable <input type="checkbox"/> Do breathing exercises 10 times each hour <input type="checkbox"/> Start blood thinner(s) as prescribed <input type="checkbox"/> Urinary catheter out <input type="checkbox"/> Assessed by Physical Therapy (PT) and Occupational Therapy (OT) <input type="checkbox"/> Walk in the halls 3 to 4 times a day <input type="checkbox"/> Eat as you are able (may have loss of appetite), try small, frequent meals 	 <ul style="list-style-type: none"> <input type="checkbox"/> Oxygen stopped if no longer needed <input type="checkbox"/> Chest tubes out  <ul style="list-style-type: none"> <input type="checkbox"/> Talk about discharge goals, where you will go 	 <ul style="list-style-type: none"> <input type="checkbox"/> Start caregiver training <input type="checkbox"/> Review discharge plan and teaching with caregiver  <ul style="list-style-type: none"> <input type="checkbox"/> Ask to meet with social worker, if needed 	<ul style="list-style-type: none"> <input type="checkbox"/> Shower training with OT if chest tube out  	<p>At Home</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do breathing exercises 10 times each hour while awake for 1 more week <input type="checkbox"/> Weigh yourself daily <input type="checkbox"/> Watch your incision for signs of infection <input type="checkbox"/> Follow activity guidelines from PT <p>Call your doctor if you:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a fever higher than 101°F (38.3°C) <input type="checkbox"/> Have more redness, swelling, or tenderness around your incision <input type="checkbox"/> Have an opening or drainage at your incision <input type="checkbox"/> Have irregular heartbeats <input type="checkbox"/> Have breathing changes or trouble breathing <input type="checkbox"/> Gain 3 pounds or more in 5 days <input type="checkbox"/> Have more swelling in your feet or ankles <input type="checkbox"/> Have blood pressure higher than 140/90 or lower than 90/60 (as your provider has instructed) <input type="checkbox"/> Have a resting heart rate less than 60 beats a minute, or more than 100 beats a minute (as your provider has instructed) <input type="checkbox"/> Feel sick to your stomach, are nauseated, or are vomiting <input type="checkbox"/> Have the same chest pain or other symptoms you had before surgery <input type="checkbox"/> Have trouble taking your medicine 