











# General Cardiac Surgery CareMap

Your care plan may be different.

	Day of Surgery	Day 1 After Surgery	Day 2	Day 3	Day 4	Day 5	Day 6
<b>Care Milestones</b>	<p><b>Cardiac Intensive Care Unit and Surgical Unit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bed rest, some sitting in chair</li> <li></li> <li><input type="checkbox"/> Oxygen by mask or nasal prongs after breathing tube is out</li> <li><input type="checkbox"/> Sips of water and ice chips when breathing tube is out</li> <li><input type="checkbox"/> Fluids may be limited</li> <li><input type="checkbox"/> Assisted bath</li> <li></li> <li><input type="checkbox"/> Surgeon talks with family in waiting room</li> <li></li> </ul>	<p><b>Surgical Unit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Out of bed to chair for meals, and up to 3 times a day</li> <li><input type="checkbox"/> Move in room. Walk if blood pressure is stable.</li> <li> <b>Walk in Room</b></li> <li><input type="checkbox"/> Breathing exercises 10 times each hour</li> <li></li> <li><input type="checkbox"/> Assessment by Physical Therapy (PT) and Occupational Therapy (OT)</li> <li><input type="checkbox"/> Chest tubes and urinary catheter out</li> <li><input type="checkbox"/> Heart rhythm monitor</li> <li><input type="checkbox"/> Eat as tolerated (may have loss of appetite)</li> <li></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Move short distances in hall</li> <li></li> <li><input type="checkbox"/> Talk about discharge goals and where you will go</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Oxygen stopped if no longer needed</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Shower training with OT if chest tube out</li> <li><input type="checkbox"/> Final training with PT and OT</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Caregiver training</li> <li><input type="checkbox"/> Watch education video: "Heart Surgery Home Recovery"</li> <li></li> <li><input type="checkbox"/> Review discharge plan and teaching with caregiver</li> <li></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Able to move safely within precautions</li> <li><input type="checkbox"/> Receive equipment (if needed)</li> <li><input type="checkbox"/> Discharge</li> <li></li> <li><input type="checkbox"/> Do breathing exercises 10 times each hour while awake for 1 more week</li> <li><input type="checkbox"/> Weigh yourself daily</li> <li><input type="checkbox"/> Watch your incision for signs of infection</li> <li><input type="checkbox"/> Follow activity guidelines from physical therapist</li> </ul> <p><b>Call your doctor if you have:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fever</li> <li><input type="checkbox"/> Irregular heartbeats</li> <li><input type="checkbox"/> Shortness of breath</li> <li><input type="checkbox"/> Weight gain or swelling</li> <li><input type="checkbox"/> Excessive fatigue or pain</li> <li><input type="checkbox"/> Nausea, dizziness</li> <li><input type="checkbox"/> Signs of infection</li> </ul>