## Heart Surgery Pain CareMap

**Sources and solutions**

<table>
<thead>
<tr>
<th>Day of Surgery</th>
<th>ICU After Surgery</th>
<th>On the Unit</th>
<th>At Home</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Operating Room</strong></td>
<td><strong>Sources and causes of pain:</strong></td>
<td></td>
<td><strong>Notes:</strong></td>
</tr>
<tr>
<td>Sources and causes of pain:</td>
<td>q Incisions</td>
<td>q Incisions</td>
<td>After your chest tubes are removed, your pain should decrease. You will most likely need a lower dose of prescription pain medicine, and need to take it less often.</td>
</tr>
<tr>
<td>q Chest tubes</td>
<td>q Chest tubes</td>
<td>q Chest tube removal</td>
<td></td>
</tr>
<tr>
<td><strong>Solutions:</strong></td>
<td>q After tubes removed, start taking pain pills by mouth, with pain medicine by IV for breakthrough pain</td>
<td>q Tylenol as needed (PRN)</td>
<td></td>
</tr>
<tr>
<td>q TYLENOL, prescription pain medicines</td>
<td>q Aim for consistent pain control</td>
<td></td>
<td></td>
</tr>
<tr>
<td>q Relaxation, stress reduction, massage, favorite foods, music, prayer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Notes:</strong></td>
<td>It is normal to have some pain after heart surgery, even when taking pain medicine as instructed. Your pain will remind you to follow your precautions.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Functional Goals

- Move to sit in chair
- Coughing, deep breathing, breathing exercises
- Sleep – being able to sleep means your pain medicine is working
- Follow activity precautions

**Notes:**

- It is essential that you clearly tell your nurses about your pain levels! Be sure to tell them:
  - Where it hurts
  - What makes it better or worse
  - How often you’ve been taking your pain medicines
  - What your goals are for the day
- It is normal to have brief spikes in pain when you cough, move, and do other activities.
- Anxiety can make your pain worse.
- **Women:** We may recommend a surgical bra to protect your incisions

**Functional Goals**

- Continue same goals as before
- Walk in the hallway with a walker and help from hospital staff

**Notes:**

- It is normal to have some pain after heart surgery, even when taking pain medicine as instructed. Your pain will remind you to follow your precautions.
- It is normal to have brief spikes in pain when you cough, move, and do other activities.
- Anxiety can make your pain worse.
- **Women:** We may recommend a surgical bra to protect your incisions

**Functional Goals**

- Continue same goals as before
- Shower when chest tube is removed
- Climb stairs with help from Physical Therapist

**Functional Goals**

- Move around your home with very little help from others
- Keep following your precautions
- Walk 4 times a day, walking a little farther every day as you can

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