

# Pre-Procedure: Coronary Artery Bypass Surgery

If you're worried about your upcoming coronary artery bypass surgery, that's understandable. Having surgery, especially on your heart, can definitely feel unnerving.

Focus on this. With better blood flow to your heart, you'll be less likely to have a heart attack or other heart-related problem in the future, and that means being able to live a longer, fuller life.

Knowing what to expect can also help you feel less anxious and better prepared. Here are the facts behind some common concerns about coronary artery bypass surgery.

How will I feel after the surgery?

If you have been living with symptoms of coronary artery disease, like discomfort in your chest or shortness of breath, you'll feel much better after the surgery. That's worth a fist pump.

At the same time though, you'll likely have some pain as you heal from the surgery. How much is hard to predict. Everyone is different. The good news?

Any discomfort will get better over time, and your care team is well-equipped to help you manage it. Pain control options have come a long way over the years. Talk with your healthcare provider beforehand about the best ways to ease your pain.

What about the risks of surgery?

All surgeries have some risks, like the chance for an infection or a blood clot. Having surgery on your heart has some serious added concerns, such as the risk for a heart attack or stroke.

Keep in mind though, your care team has done lots of these surgeries and knows exactly how to keep you safe and healthy. You can do your part too by following all pre- and post-surgery instructions. And if you have any questions, ask away.

What will life be like after surgery?

Without a doubt, you'll need to make some lifestyle changes after coronary artery bypass surgery. That can include things like taking new medicines, eating healthier, exercising more, reducing stress, or stopping smoking.

These changes will take time, so be kind to yourself and stick with your recovery plan, especially the cardiac rehab. It'll help boost your heart health, a sure way to feeling better and living longer.

Still have questions or concerns? Your care team is here to help. Get in touch to learn more about what you can do to make your surgery a success.