

Your Health Checklist: Septal Myectomy

After having a septal myectomy, you will feel much better. But your body will still need time to heal.

This checklist can help you recover from your surgery at home:

Do: Follow any specific instructions your care team gives you. These may be related to bathing, physical activity, your eating plan, or wound care. Make sure all your questions are answered before leaving the hospital.

Do: Take your pain medicines as directed. Taking the correct dose at the scheduled time can help control your pain.

Do: Check your temperature and weight as directed. Tell your healthcare provider right away if you have a fever or notice a sudden change in weight.

Do: Check your wound for signs of infection, like redness, swelling, or leaking fluid.

Do not: Drive until your healthcare provider tells you it is safe to do so.

Do not: Lift anything more than 10 pounds or do any strenuous activity for as long as directed.

Do not: Miss any follow-up appointments with your care team.

By following this checklist, you will be on your way to a smooth recovery.