



Leaving the Hospital After Heart Surgery



Overview

You've had heart surgery, and it's time for you to leave the hospital. Let's learn about the process, and what you can expect.

Discharge

First, you'll go through the hospital's discharge process. This is when we give you a detailed plan for your recovery. We make sure you have all the prescriptions you need. And, we talk about what kind of support you need as you recover.

Home or care facility

You may be able to go home after heart surgery. Or, you may need to go to a care facility. That's a place where you're cared for by medical professionals as you heal. If you need to go to a care facility, we can help arrange that.

Follow your plan

As you heal, follow your recovery plan closely. You won't be able to lift, push or pull anything heavy. You won't be able to drive until your doctor says it's safe. You can shower, but you can't soak in a tub or a pool. Keep your incision clean, and watch for signs of infection.

Exercise

Staying active helps you heal faster. Walking is a great way to get some exercise. Follow your doctor's instructions, and don't over do it.

Monitor mental health

And finally, know that you may feel sad or depressed after heart surgery. You may feel scared. If you have these feelings, and if they interfere with sleep or with your daily life, tell someone. Talk to a loved one or a friend. Tell your doctor so you can get the help you need. Your doctor will create a plan that's right for you.

