

Heart Surgery Recovery Pathway

Recovery Goals	Before Surgery	After Surgery	Day after Surgery	Day 2 after Surgery	Day 3 after Surgery	Day 4 to Discharge
Nutrition	→ Nothing to eat or drink after midnight the night before surgery	→ Nothing by mouth	→ Liquids to light diet once breathing tube taken out	→ Heart healthy diet	→ Heart healthy diet	→ Heart healthy diet
Activity and Breathing Exercises	→ Practice getting in and out of bed → Walking	→ Breathing exercises → Leg exercises	→ Breathing exercises → Practice getting in and out of bed → Spend time sitting	→ Breathing exercises → Short walks 3 times a day	→ Breathing exercises → Short walks 3 to 4 times a day	→ Breathing exercises → Short walks (but further) 4 to 6 times a day
Equipment	→ Incentive spirometer	→ Incentive spirometer → Oxygen, IV → Bladder catheter → Chest tubes → Breathing tube → Heart monitor → Pacing wires	→ Incentive spirometer → Breathing tube may be taken out	→ Incentive spirometer → Oxygen may be stopped → Chest tube may be taken out → Bladder catheter may be taken out	→ Incentive spirometer → Pacing wires may be taken out	→ Incentive spirometer → Heart monitor off
Medicine	→ Pills	→ IV	→ IV → Pills	→ Pills	→ Pills	→ Pills
Hygiene	→ Shower the night before and the morning of surgery	→ Sponge bath	→ Sponge bath	→ Sponge bath → Learn to care for incision	→ Shower or sponge bath → Care for incision	→ Shower → Care for incision
Discharge Planning	→ Discharge planning started → Start learning how to care for yourself	→ Discharge planning and caring for yourself at home	→ Discharge planning and caring for yourself at home	→ Discharge planning and caring for yourself at home	→ Discharge planning and caring for yourself at home	→ Discharge planning continues